



YOGA WITH ADRIENE

PRESENTS

# REBOOT

a 29 day *Yoga* experience

# REBOOT

We did it! We are in!

The hardest part of my regular practice really is ROLLING OUT THE MAT. Seriously, I always tell my students that they have already done the hardest part of Yoga- they have arrived at class.

So – now that you are here – lets dive in!

Here you will find some tips and thoughts for each video. Some of these you will be reminded of in your daily emails and all of these are suggestions to assist you on your REBOOT journey.

The first rule of REBOOT is... there are NO RULES. You know me- I am a rebel. While I do intend to take this seriously and to continue to honor the yoga traditions and my practice, I love to break the rules!

Find what feels good means find what works for you.

Honor your body.

TAKE CHARGE!

Get empowered.

# REBOOT

You will be receiving a daily email to assist you with the practice and to guide you on your REBOOT journey. I thought I might start off with a few tips to get yourself set up for happiness and success. These are not rules – only suggestions to assist you on your journey.

- \* Set yourself a comfortable space to roll out your mat each day.
- \* Keep your mat out and if you think it would be helpful for you – plan which part of the day that you will do your practice. You can do this the night before.
- \* Wear comfortable clothing
- \* Be mindful and kind to yourself. Stick to your goal. 29 days of yoga. What that looks like is completely up to you. Modify up or down and always listen to your body.
- \* If you can- put away your phone. I know this is CRAZY (It's 2014 dang it!) and easy to ignore- but I am going to do this each time I practice for the next 29 days as a way to REBOOT this nasty habit I have of keeping my phone next to my mat during home practice.
- \* Set your intention for practice - before you start the video. These can be simple. "I intend to focus on my breath." "I intend to find ease." "I intend to make it all the way to the end of this video come hell or high water."

# Savasana

At the end of each video you are guided on to your back for the final posture, Corpse Pose. Don't skip this, Rebooters! Stay there for 5-15min.

Many yogis, including myself, believe this to be the most precious posture. Here we allow the heart to rest and the nutrients of our practice to settle in and be recognized- mind and body. So don't skip this.

If you have a busy day, make time for yourself and allow for enough time for your heart rate and breath to return to its natural rhythm and the body to cool down. Enjoy the soothing effects of this final pose.

Here is a video on Savasana to assist you in understanding my suggestion to make time for this posture as well as some tips to consider while you getting into it.

<http://yogawithadriene.com/corpse-pose-savasana/>

## REBOOT WEEK I – RECONNECT

This sequence will re-connect you to your breath and body in its present state. We will evaluate the current state of the body, connecting to our truth, as well as setting the tone for the challenge ahead while building a strong foundation. This practice will focus on moving with ease, paying attention to alignment and detail and setting yourself up for powerful transformation and badass joy.

Do not forget how powerful the mind can be as you jump in to REBOOT and experience Video 1. This sequence really is what our yoga practice is all about. REBOOT is about new beginnings, transformation and a fresh start but it is not about becoming something you are not. This video is designed to reconnect us back to who we really are. I know that's heavy- but is so true! Our practice is not about changing who we are- its about getting back to the real you. The you that works for you rather than against you- the you that you absolutely positively LOVE.

Here are some **Foundational Videos** that might assist you as you practice **RECONNECT:**

### RECLINED TWIST

<http://yogawithadriene.com/reclined-twist-yoga-pose/>

### CAT-COW

<http://yogawithadriene.com/cat-cow-pose/>

### EXTENDED CHILDS POSE

<http://yogawithadriene.com/extended-childs-pose/>

### RUNNER'S LUNGE

<http://yogawithadriene.com/runners-lunge-foundations-of-yoga/>

### PLANK POSE

<http://yogawithadriene.com/plank-pose/>

## REBOOT WEEK 2 - RESET

RESET is about stretching and strengthening from the inside out. We will take the ease we found in video 1 and pair it with our strength training. This practice is intended to wake up the body in a mindful way and create space both physically and mentally so you are strong, flexible and ready for change.

The mind or the manas is so powerful my friends, so as you venture into RESET don't let toxic thoughts take over. You can always go back to video 1 when you need – but challenge your mind to see if you can experiment with this new video. In this sequence we work to build strength and increase flexibility with a focus on where the mind will wander. Notice your thoughts each time they come- don't ignore them. Acknowledge them and then return back to the breath. Use the repetitive motion of this sequence to find both effort and ease. When we balance strength and grace we truly offer the mind and body the opportunity to work together. This week is about replacing toxic thoughts, bad habits, and negativity with your REBOOT experience.

Here are some **Foundational Videos** that might assist you as you practice **RESET**:

### SUKASANA

<http://yogawithadriene.com/sukhasana-the-easy-pose/>

### COBRA

<http://yogawithadriene.com/cobra-pose-foundations-of-yoga/>

### WARRIOR I

<http://yogawithadriene.com/warrior-i-pose/>

### HIGH LUNGE

<http://yogawithadriene.com/high-lunge/>

### BOUND ANGLE

<http://yogawithadriene.com/bound-angle-pose-baddha-konasana/>

## REBOOT WEEK 3 – REJUVENATE

In this sequence we will rinse & revitalize the internal organs and work to get fresh oxygen into the body. A key part of losing weight and total body transformation is tending to your insides! In this practice we will stimulate digestion, increase metabolism and deepen the breath. This practice will blend vinyasa flow with some juicy twists for lasting transformation.

Twists are gold ya!!! They are little golden nuggets that grow more valuable with each breath. Breathe deep into the belly while you practice REJUVENATE. When we twist we wring out the digestive organs much like when we wring out a sponge or a dirty rag. This is so replenishing for the system! Fresh blood gets flushed back in and the body is left feeling rejuvenated and full of glistening energy!

Here are some **Foundational Videos** that might assist you as you practice **REJUVENATE**:

### RUNNER'S LUNGE

<http://yogawithadriene.com/runners-lunge-foundations-of-yoga/>

### STANDING FORWARD FOLD

<http://yogawithadriene.com/forward-fold-uttanasana/>

### WARRIOR II

<http://yogawithadriene.com/warrior-ii-pose/>

### STANDING WIDE LEGGED FORWARD FOLD

<http://yogawithadriene.com/standing-wide-legged-forward-fold/>

### BRIDGE POSE

<http://yogawithadriene.com/bridge-pose/>

## YOGA VIDEO 4 - REDEEM

In this sequence will use a strong connection to core, spinal flex, strength training, flexibility and pranayama (breath) to flow and remember to have fun. We will challenge our bodies by finding our edge through balancing postures and mindful deep stretching.

REDEEM is about cashing in and I mean that in the best possible way. Get your money's worth! Find what feels good even when it feels impossible. This week is about reclaiming what is rightfully yours- your happiness - even through all of the challenges, the sweat and failure. It is about finding JOY in your practice and in your life. Have fun! Don't take it so seriously! Remember your grace and humor! Meet your edge and keep the bar high. You are worth it dudes. We are all so worth it.

Here are some **Foundational Videos** that might assist you as you practice **REDEEM**:

### SUN SALUTATION A

<http://yogawithadriene.com/sun-salutation-a-surya-namaskara-a/>

### PLANK POSE

<http://yogawithadriene.com/plank-pose/>

### CROW POSE

<http://yogawithadriene.com/crow-pose/>



# Namaste

NAMA means bow and AS means you – so it literally translates to – I bow to you! And I do! In our yoga practice we recognize and honor that everyone has a divine spark. So with hands together at the heart, at the spark- I bow to you my friends. You freaking ROCK. Keep the journey going past the 29 days if you dare. Make it your own and always remember to find the JOY. Namaste!



# YOGA

With ♥

ADRIENE

