

# Travis Eliot - The Ultimate Yogi - 108 Days

## 108 Days to a Better You

The Ultimate Yogi is the most comprehensive yoga program on the market. Renowned yoga instructor, Travis Eliot will take you to your physical limits and beyond on this 108-Day Journey.

Each of the 14 thematic yoga classes are comprised of creative sequences that will challenge the expert and encourage the beginner.

The Ultimate Yogi is MORE than just a fitness program, it is a transformational experience guaranteed to improve your quality of life.

- **14 x 60-MINUTE THEMATIC CLASSES**
  - Practices include Crosstrain, Cardio, Strength, Flexibility, Balance, Detox, Vitality, HardCORE, Yin, Gentle, Mountain Pose, Pranayama, Meditation & Sun Salutations
- **PROGRAM GUIDE**
  - A complete class-by-class summary of the Ultimate Yogi 108-day program.
- **108-DAY PROGRAM CALENDAR**
  - The Program Calendar will guide you through the entire program on a day by day basis.
- **COMMON SENSE FOOD GUIDELINE**
  - Natural unprocessed foods are part of the Ultimate Yogi lifestyle. Every 36 days you are encouraged to participate in a 3-day cleanse including vegan, raw food and juice feast.
- **TRACK YOUR PROGRESS**
  - Take your before and after pictures to track your progress and we guarantee on day 108 you won't be disappointment.
- **BONUS: ULTIMATE YOGI SHORT FILM**

**Proof Content**

 0. Booklet	 ...	23.5 MB
 0. Box Cover	 ...	2.3 MB
 0. Program Calendar	 ...	4.5 MB
 1. Cross Training	 ...	824.5 MB
 2. Cardio	 ...	563.9 MB
 3. Strength	 ...	594.5 MB
 4. Flexibility	 ...	649.5 MB
 5. Balance	 ...	554 MB
 6. Detox	 ...	625.6 MB
 7. Vitality	 ...	633.4 MB
 8. Hardcore	 ...	166.9 MB
 9. Yin Yoga	 ...	593.3 MB
 10. Gentle Yoga	 ...	508.4 MB
 11. Mountain Pose Series + Pranayama Meditation	 ...	1.1 GB
 12. Sun Salutations	 ...	897.7 MB