



Welcome to the '40 Days to Personal Revolution' – *a program of personal transformation*

Over the next six weeks, as you start to align yourself with the principles of the program, you will start to see that transformation is natural. You will lose weight if that is what needs to happen; you will become less reactive and calmer; your negative patterns will start to release their grip on you. You will discover that external changes happen when we adjust the inner workings of our minds – when we adopt a philosophical foundation that gives our growth greater purpose and meaning. Like the great masters, you will come to understand that all health and vitality is the outward reflection of a pure heart and right intent.

The program includes:

Power Yoga Practice - 5 times a week at the studio, practice any of the classes that suit your schedule and if you are a bit newer to Power Yoga be sure to try the Power Basics and Restorative classes

Home Practice – one day a week of practising Power Yoga at home, you can follow along with the book, follow a DVD or audio CD or just listen to your body and create your own routine

Rest Day – take one day off from your yoga practice each week for a day of active rest, enjoying your life and other activities

Daily Power Meditation – integrate a time for stillness and presence into your daily routine, starting with 5 minutes twice a day for the first week then increasing each week in 5 minute increments to 30 minutes twice daily in the final week

A Balancing Diet – tools to help you look at your diet consciously, introduce more natural and whole foods and learn to use your intuition and listen to your body to guide what you eat

3-Day Fruit Fast – part of week 4 is the 3-day fruit fast to cleanse your body leaving you feeling cleaner and more energetic for the remaining weeks

Community Meetings – participate in our weekly meetings each Monday at 7:30pm to share your experience with the group, make new friends and strengthen our community

Journal/Excavation Questions – keep a weekly journal during the journey to bring awareness to the beliefs, mental patterns and relationships in your life that hold you back and those that give you strength

Take care of your body – be sure to stay adequately hydrated each day, drinking at least 2 litres of water each day and a supplement to replenish the nutrients and minerals lost through sweating, e.g. Endura or Ultra Muscleze which are available from health food shops or the chemist.

How to Use the Board

Track your progress through the weeks on the large white board at the studio! Just fill in your name and each day record what type of practice and the number of meditations you completed that day using the following key:

SP = Studio practice

HP = Home practice

M1 = One meditation session

M2 = Two meditation sessions

☺ = Rest day (no practices)

Reading the book

In your first week, please read the introduction and Laws of Transformation from our companion book, Baron Baptiste's "40 Days to Personal Revolution" to set the stage for your journey.

Each week of the program is centred on a theme, discussed in the book, which will be the focus for your yoga and meditation practice, your new diet insight and your personal development that week. These themes and the laws of transformation will be discussed at the weekly community meetings.

Laws of Transformation:

- | | |
|----------------------------------|---------------------------|
| 1) Seek the truth | 7) Relax with what is |
| 2) Be willing to come apart | 8) Remove the rocks |
| 3) Step out of your comfort zone | 9) Don't rush the process |
| 4) Commit to growth | 10) Be true to yourself |
| 5) Shift your vision | 11) Be still and know |
| 6) Drop what you know | 12) Understand the whole |

Weekly Themes:

Week One – Presence

Week Two – Vitality

Week Three – Equanimity

Week Four – Restoration

Week Five – Centring

Week Six – Triumph