

Practice Yoga for 40 days and see how powerful your practice can be!

or... are you ready for the 108?

40 & 108 day revolutions

40 (and 108) Day Revolution Rules:

- rev #1 runs September 7 - October 17 with a Mandatory Meeting on Monday, September 6th at 7:00pm
- rev #2 runs November 14 - December 23 with a Mandatory Meeting on Friday, November 12th at 7:30-8:30pm
- the 108-day Rev runs September 7 - December 23 with a Mandatory meeting on Monday, September 6th at 7:00pm
- you can take 1 day off per week
- all classes at the Tree apply, except Mon-Thurs 7:15pm, 8pm or 9pm (with the exception of Wed 8pm - that one's ok!)
- there is NO doubling up of days (ie. 2+ practices per day is not permitted)
- home practice & practice at other studios does not apply
- you must practice every day during the last week

Incentives:

- practice all 40 days and your name goes into the draw again
- practice all 5 meditation classes Saturdays at 4pm and your name goes into the draw again
- complete the 108 day rev and you're in for a surprise!

Things to keep in mind when doing the revolution:

Keep a journal. It's great to look back at your progress. Some days you may write very little and other days, you may have a lot to say. You can log how you feel, what your practice was like, what you ate, how you're sleeping, among many other experiences. You might also want to track injuries or other changes that occur. It's about logging your personal observations and journey.

Choose something you would like to focus on for the 40 (or 108!) days. Breathing, building core strength, stilling the mind, being in the moment, finding something new each practice. Focus on this everyday to make it a part of your subconscious. Remember that it takes 30 days to form a habit and 40 days to commit to the change.

Stay hydrated and eat well. You may be asking a lot of your body at this time, so keep it fueled and listen to any subtleties it may be asking for. It may even be a good time to see a nutritionist, dietician, naturopath or other holistic practitioner.

Get body work! Lots will be changing. Strive to keep your muscles relaxed. If you can afford it, get a massage once a week or at least once during the revolution. Remember that the massage school down the way offers cheap massages.

Listen, listen, listen. You may feel sore or tight some days. Observe, don't push and stay aware of any subtle sensations. It could be stiffness or it could also be the beginning of a bigger opening or injury. You're going to have good days and bad days. You're challenging your body, your mind, your everything on a completely new level. Take the crunchy with the smooth and remember that your practice is about observation. The revolution is about coming to your mat everyday to see how you feel on all levels, not just a physical one. See how much you observe and absorb. Remember that it's not just about doing postures, it's about stilling your mind, finding your breath and becoming aware of your body. There may be days when all you have left is to lay there and breath! So lay there and breath. Asana is only one of yoga's eight limbs. Five of the eight limbs are about inward focus and meditation. Begin the search beyond asana.

It's normal to experience feelings of frustration. The 40 day revolution wouldn't be complete without a little clash and cohesion. Observe. It may stay for several days, but this too shall pass. You could experience a gamut of emotions, avoid holding it all in and talk to the teachers about how you are feeling. You are never putting us out and we are here to support you. If the desk is too busy to address things as you are leaving or arriving, leave a note and a teacher of your choice will follow-up with you about your needs and concerns.

If you are considering dropping out, please talk to us first! Once you have missed two days, you are no longer eligible for the grand prize draw. If there are circumstances beyond your control and you do miss more than two days in one week, don't throw in the towel. The motivation of the revolution is to connect with yourself on a new level. The prize is merely a bonus.

The big changes come a couple of months down the road, not at the end of the 40 day revolution. The initial changes are the subtle ones, the deeper ones come later. Be sure to stay with your practice once you have completed the revolution. To do yoga for 40 days straight and then do nothing is hard on your body. It's normal at the end of the challenge to need three or four days off. Give your body the time it needs but be sure not to wait longer than four days to return to your mat. To maintain the benefits of all your hard work, strive to come to your mat a minimum of two to three days a week.

To accept and attempt the revolution makes you a winner already!

Drink lots of water, eat well, listen to your body, breath and most of all... have fun! Practice Yoga for 40 days and see how powerful your practice can be!