



# *exhausted* and *overwhelmed?*

Gain a yoga practice toolkit to help manage stress  
and boost energy naturally, so that you can finally  
start feeling like yourself again.

**click here** 



# 4-week group yoga immersion

with Ethan Hill

## outcomes

- ✓ be able to lower your blood pressure and heart rate on-command
- ✓ learn breathing techniques for resetting your nervous system, and cultivate a habit of applying it
- ✓ have at least 4 experiences of total peace of mind, and have the tools to recreate it going forward
- ✓ learn the 5-part yoga technique for falling asleep quicker
- ✓ markedly lessen your anxiety response to 3 of your biggest stress triggers
- ✓ cultivate an ability to listen and act upon your body's natural circadian rhythms
- ✓ gain and apply the 2 body-scanning techniques for determining where in your body muscular tension exists, and then learn how to relieve it
- ✓ learn to let go of heavy emotions stored in your body, and have at least one huge release
- ✓ create your own healthy morning routine that is in line with your personal goals
- ✓ gain tools to successfully manage your reaction to stressful situations
- ✓ learn 6+ flexibility hacks
- ✓ become comfortable identifying as a meditator



"I've practiced with 1,000+ teachers in 10,000+ classes, and I must say...Ethan's teaching is special."

- Kris H Asheville, NC

## includes

- 🎥 Four, 90-minute trainings via Zoom (recorded for scheduling conflicts)
- 🔊 20 custom practice audios
- 📝 20 thoughtful journal prompts
- 💬 Group accountability and messaging
- 📱 Free Waking Up® app subscription (30 days)

## qualifications

- 22-39 years old ✓
- working professional ✓
- excited about self-improvement ✓
- interested in the benefits of yoga and meditation, but haven't explored them fully yet ✓
- seeking stress-relief, energy, meditation and flexibility tools ✓
- want to cultivate a daily yoga and meditation ritual ✓





# price

~~\$765~~  
**\$535\***  
for two tickets



gift extra ticket to a  
friend, or split the cost

\*an extra 10% off if  
paid by March 5th  
*limited scholarships available*

1



fill out this form to  
set up a quick call

[click here \\*](#)

2



reserve your spot  
by paying the  
invoice

3



show up for initial  
call and give your full  
participation





# itinerary

90 minutes, times TBD

## session #1

*Sunday, March 24th*

Create a shared language around what it's like to operate your body so that we can have effective communication with one another during our journey.

## session #2

*Sunday, March 31st*

Leverage the mechanics of your body to easily reset your nervous system, reduce chronic muscular tension, and hold more energy in your system.

## session #3

*Sunday, April 7th*

Learn how to turn off your physical body and thinking mind using nervous system and meditative hacks.

## session #4

*Sunday, April 14th*

Learn to reset your nervous system and boost energy flow in a matter of seconds using ancient yoga techniques.

[click here](#) 



# challenges



participate in daily & weekly assignments to dial in your healthy habits and rituals (optional)



## Waking Up<sup>®</sup>

Complete all 28 days of the Waking Up 'Introduction to Meditation' Course (one of the best on the market).



## Mornings

Wake up with the sunrise, get outside, wean off of caffeine, eat more fruit and get clear on your intentions.



## Afternoons

Pause before lunch, bring gratitude into your meal, eat without distraction, take a walk outside, quick mindfulness practice.



## Evenings

Get to bed early, avoid late-night screen time, less dense meals before bed, less alcohol, gratitude and prayer practice, deep stretching.



## Media Habit

Be honest with your screen time usage, and start weaning off of all social media, news and entertainment.



## Yoga with Ethan

Complete Ethan's practice audios, thoughtful journal prompts and weekly live/recorded yoga classes.

[click here](#) 



# From Ethan:

I know you're ready to start feeling like yourself again.

Let me give you the bad news first: in order for you to return to that fun, vibrant version of yourself, *you need to start using your body differently – very differently.*

Using your body differently requires that you first learn what correct is, and then practice it again and again.

In other words, you're going to have to invest actual resources into transforming yourself.

The good news is that this doesn't have to require as much time, effort or money as you think...

Honestly, you don't need the latest gadget or to quit your job and vision quest in the desert for a month. All you really need is the right understanding, the courage to change and the willingness to see yourself anew.

I believe you are worthy *and capable* of achieving total health and happiness. That's why I've spent over 12,160 hours developing intuitive and efficient yoga practices: so that you can experience true vitality and peace of mind quickly and easily.

This is how you get started: (1) Click the button below and fill out the short form. (2) Have a conversation with me to see if you're a good fit for this program (3) Pay the invoice, invite a friend, show up for class, and give your full participation.

Here's to your bright and joyful future,  
- Ethan Hill ॐ

[click here](#) 



## Suffered from chronic back pain for more than a decade.

When Ethan was 11, he broke his collarbone.

About three weeks later, his body hit puberty, meaning his spine healed very crooked.

For years, his right shoulder caved in resulting in a big reduction in his agility, confidence, concentration and even eye sight. He healed using the techniques he now teaches.

## about Ethan

(some fun facts)



## Did van life for 5 months.

In 2022, Ethan borrowed a friend's van (with stove, fridge and bed installed) to travel across the country teaching yoga.

He covered 19 states, 70 cities and more than 150 natural landscapes.

## Partied heavily in college.

Because he was involved in a fraternity, a majority of Ethan's past time in early adulthood revolved around drinking and drugs.

After many years, though, he is now committed to full sobriety.



## Has a knack for design.

Although his academic background is engineering, Ethan's closeted hobby has always been art.

All of the graphics you see on Ethan's website, resource packets, YouTube and Instagram were designed by him.

## Spent more than 100 days on silent meditation retreats.

In these retreats, 12+ hours a day are spent following the breath and scanning the body for subtle sensations.

30 of these 100 days involved living alone in a cabin the woods without internet or electricity (see picture). He only went a litttttle crazy!





# bonus +



## private coaching

a 30-minute one-on-one Zoom call with Ethan after the container ends to integrate your experience.



## unlimited yoga

access to all of Ethan's yoga classes and workshops for the month (18 total, \$245 value).



## affiliate program

if a friend joins, Ethan will pay you 15% of their ticket price *in cash*.

[click here](#) 



# yoga immersion

intention-setting

**name:**

why are you doing this 4-week yoga training program (think personally and globally)? who are you hoping to become? what are you hoping to accomplish? be specific.

name a few obstacles you might face during our time together. committing to your practice? doubt? fear?

what are 3 things you appreciate about your character:

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- .

list 10 adjectives for how you'd like your body & mind to feel every day. circle your top 5.

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describe your most beautiful day. when do you wake up? how well did you sleep? do you exercise? what kind of food do you eat? who do you interact with? go into as much detail as possible.

list three of your top "triggers" (aka what typically brings you to a state of unconsciousness), and then write how you'd like to react to them going forward.

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imagine yourself at the end of these 4 weeks...write a message from your future self to your current self about what you did, what it took to get there, how you feel now, and why the effort was worthwhile.

write a message to a loved one explaining why you've decided to change, and what they can expect from you going forward.