July 14th, 2024 - August 10th, 2024



Join a group of like-minded working professionals to be healthier, less stressed and more energized.

click here 🔭

are you feeling...?

sick

Chronic illness is becoming the norm in today's society due to the many number of poisons and toxins. Learn strategies for cleansing your body so that it can properly fight off pathogens, reduce symptoms, and heal.

lonely

As we become increasingly siloed on our devices, the "loneliness is epidemic" is getting worse. Join an accountability group of high-achievers who are all looking to become healthier and more self-aware.

stressed

We need stress, because stress leads to adaptation, and evolution. What we don't need, however, is the constant judgement we place on ourselves. Gain practical tools for turning off your anxious, talkative mind.

exhausted

Fatigue and burnout are becoming increasingly prevalent for Westerners. Discover natural means for boosting your energy and vitality...without adding any more caffeine or cold showers to your routine.

unfulfilled

Who am I? Why am I here? Existential questions like these have answers, though they require a lot of heart and introspection to unearth. Peel back the layers of your psyche to discover your true identity and role here.

frustrated

The world seems a mess right now; this is hard to dispute. We can take that dissatisfaction and turn it into action, though. Gather courage to transform your life to become the leader your community needs.



4-week group yoga training

with Ethan Hill

outcomes

- know how 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
- permanently improve your posture by ~1/2 an inch, while making it effortless
- 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 bodyscanning 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
- **Ø** become comfortable identifying as a meditator

20 custom practice audios

includes

- 20 thoughtful journal prompts
- Group accountability and messaging

Four, 90-minute trainings via Zoom (recorded for scheduling conflicts)

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 holistic daily ritual by getting off the junk ✓



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

- Kris H Asheville, NC



July 14th, 2024 - August 10th, 2024 (4 weeks · 28 days)

Ztime. commitment

1.5 hours → 11 hours

minimum*

maximum*

*depending on how hard you want to go

click here 🔭

price

\$765 \$535 for two tickets



*an extra 10% off if paid by June 23rd

limited scholarships available



click here 🐐



reserve your spot by paying the invoice



show up for initial call and give your full participation



itinerary 90 minutes, times TBD

session #1

Sunday, July 14th

Ethan will put you into a deep meditative trance and take you on a tour of your mind. Together, we will create a shared language on how to use your body.

session #2

Sunday, July 21st

Learn to hold more energy in your body using three simple ideas: (1) dilate your pipes, (2) strengthen your will-power, and (3) remineralize your body.

session #3

Sunday, July 28th

Learn to master your breath for flexibility gains, anxiety reduction, access to profound meditative states, and better sleep.

session #4

Sunday, August 4th

Learn to control the subtle energy flowing through your spine so that you can quiet your mind and feel inner peace on-command.

click here 🐐

challenges

participate in yoga training modules to dial in your healthy habits and rituals (optional)



Waking Up®

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.



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



Evenings

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



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 and mind differently – very differently.

Using your body and mind 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 12,000 hours learning and developing efficient, scientific 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 ತೆ



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 grew 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 techniques he teaches in this training.



(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 +



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 (>10 total, \$245 value).



affiliate program

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

click here





week 1 +5 minutes/day

- You're allowed to snooze your alarm up to two times
- Lemon water: 16oz + 1/2 lemon, freshly squeezed
- Go outside and take at least
 10 deep breaths
- Eat 3 pieces of fruit and then wait 30 minutes before you have any fats and/or caffeine

week 2 +10 minutes/day

- You're allowed to snooze your alarm once
- Lemon water: 16oz + 1/2 lemon, freshly squeezed
- Go outside and take at least 15 deep breaths with fullbody squeezes
- Eat 3 pieces of fruit and then wait 30 minutes before you have any fats and caffeine
- Pour a fraction of the caffeine out of your cup before drinking it

week 3 +15 minutes/day

- · No snoozing your alarm!
- Lemon water: 32oz + 1 full lemon, freshly squeezed
- Go outside and take at least 20 deep breaths with fullbody squeezes
- No fats until 11am; eat as many fruits/veggies as your heart desires before then
- Pour out half of your caffeine before drinking it
- Complete at least 1 WTFU class during your morning (+30 minutes)
- Purchase an old-fashioned alarm clock

week 4 +20 minutes/day

- Put your phone in another room while you sleep, and use a manual alarm clock
- No snoozing your alarm!
- Lemon water: 32oz + 1 full lemon, freshly squeezed
- Go outside and take at least 25 deep breaths with fullbody squeezes and walking
- No fats until 12pm; eat as many fruits/veggies as your heart desires before then
- No caffeine...period!
- Complete at least 1 WTFU class during your morning (+30 minutes)

afternoons

week 1 +20 minutes/day

- Healthy meal, mostly veggies
- Take 60 seconds before you eat to express gratitude for being nourished
- Take at least 3 undistracted bites of food (no music, media, talking, etc.)
- Get outside and take a walk (weather permitting)
- ~5 minutes of purposeful seated meditation or breathing

week 2 +20 minutes/day

- Healthy meal, mostly veggies
- Take 60 seconds before you eat to express gratitude for being nourished
- Take at least 10 undistracted bites of food (no music, media, talking, etc.)
- Get outside and take a walk (weather permitting)
- ~5 minutes of purposeful seated meditation or breathing

week 3 +20 minutes/day

- Healthy meal, mostly veggies
- Take 60 seconds before you eat to express gratitude for being nourished
- Eat entire meal without distraction (no music, media, etc.)
- Get outside and take a walk (weather permitting)
- ~5 minutes of purposeful seated meditation or breathing

week 4 +20 minutes/day

- Healthy meal, mostly veggies
- Take 60 seconds before you eat to express gratitude for being nourished
- Eat entire meal without distraction (no music, media, etc.)
- Get outside and take a walk (weather permitting)
- ~5 minutes of purposeful seated meditation or breathing

evenings

week 1 +15 minutes/day

- Redo your room
 - Remove TV
 - Leave phone in another room before bedtime
 - Use a manual alarm clock
 - Google "fengshui" and see what changes you can make to your space
- No dense foods past 9pm (fruit, honey, tea, etc. okay)
- · No screens past 10pm
- In bed before 11pm on weekday
- Limit alcohol
- Do some kind of gratitude or healing prayer in bed

week 3 +25 minutes/day

- No dense foods past 7pm (fruit, honey, tea, etc. okay)
- · No screens past 9pm
- In bed by 10pm on weekday
- No alcohol
- Clean your room as a gift to your future self
- ~10 minutes of stretching, as taught in <u>Gravity Yoga</u>
- Do some kind of gratitude or healing prayer in bed

week 2 +15 minutes/day

- No dense foods past 8pm (fruit, honey, tea, etc. okay)
- · No screens past 10pm
- In bed by 10:30pm on weekday
- No alcohol
- Clean your room as a gift to your future self
- Do some kind of gratitude or healing prayer in bed

week 4 +30 minutes/day

- No dense foods past 7pm (fruit, honey, tea, etc. okay)
- No screens past 8pm
- In bed by 10pm on weekday
- · No alcohol
- Clean your room as a gift to your future self
- ~15 minutes of stretching, as taught in <u>Gravity Yoga</u>
- Do some kind of gratitude or healing prayer in bed



Waking Up®

week 1 +20 minutes/day

Start Here
Meditation 1
The Logic of Practice
Meditation 2
Mental Training
Meditation 3
Begin Again
Meditation 4
What is Mindfulness
Meditation 5
Don't Meditate Because It's
Good for You
Meditation 6
What is Progress in Meditation?
Meditation 7

week 2 +20 minutes/day

The Cure for Boredom
Meditation 8
The Last Time
Meditation 9
The Necessity of Thought
Meditation 10
The Power of Thought
Meditation 11
The Veil of Thought
Meditation 12
The Social Self
Meditation 13
The Art of Doing Nothing
Meditation 14
Spiritual Materialism

week 3 +20 minutes/day

Meditation 15
Consciousness
Meditation 16
Gratitude
Meditation 17
Having No Head
Meditation 18
What is Real?
Meditation 19
Mindfulness & Meaning
Meditation 20
You Can't Get There From Here
Meditation 21
The Nature of the Self

week 4 +20 minutes/day

Meditation 22
The Mystery of Being
Meditation 23
Looking for What's Looking
Meditation 24
Self & Other
Meditation 25
Alone with Others
Meditation 26
Looking in the Mirror
Meditation 27
Space, Time, & Attention
Meditation 28



Yoga with Ethan

week 1 ~2.25 hours/week

Practice Audio 1

Practice Audio 2

Practice Audio 3

Practice Audio 4

Practice Audio 5

Journal Prompt 1

Journal Prompt 2

Journal Prompt 3

Journal Prompt 4

Read Week 1 Summary Sheet
Come to 1 Live Class

week 2 ~2.25 hours/week

Practice Audio 6

Practice Audio 7

Practice Audio 8

Practice Audio 9

Practice Audio s

Practice Audio 10 Journal Prompt 5

Journal Prompt 6

Journal Prompt 7

Journal Prompt 8

Read Week 2 Summary Sheet

Come to 1 Live Class

week 3 ~2.25 hours/week

Practice Audio 11

Practice Audio 12

Practice Audio 13

Practice Audio 14

Practice Audio 15 Journal Prompt 9

Journal Prompt 10

- - -

Journal Prompt 11

Journal Prompt 12

Read Week 3 Summary Sheet Come to 1 Live Class week 4 ~2.25 hours/week

Practice Audio 16

Practice Audio 17

Practice Audio 18

Practice Audio 19

Practice Audio 20

Journal Prompt 13

Journal Prompt 14

Journal Prompt 15

Journal Prompt 16

Read Week 4 Summary Sheet

Come to 1 Live Class



media habit

week 1 gain hours back

- Change screen time password to '4994'
- Write down last week's screen time usage
- <u>Daily video max:</u> 5, ~20minute YouTube videos or 2, hour-long streaming shows
- Weekly podcast limit: 5
 (choose them beforehand)
- No social media until 9am
- · No social media after 8pm

week 2 gain hours back

- Write down last week's screen time usage
- <u>Daily video max:</u> 5, ~20minute YouTube or 2, hourlong streaming shows
- Weekly podcast limit: 5
 (choose them beforehand)
- No social media until 12pm
- No social media after 6pm

week 3 gain hours back

- Write down last week's screen time usage
- Delete all social media apps off of your phone
- <u>Daily video max:</u> 3, ~20minute YouTube videos or 1, hour-long Netflix shows
- Weekly podcast limit: 3 (choose them beforehand)
- Choose a 1 hour "Social Media Grace Period", and only check it during that time, while on another device other than your phone

week 4 gain hours back

- Write down last week's screen time usage
- Delete all social media apps off of your phone
- No videos (Netflix, YouTube, Apple TV+, Disney, etc.)*
- No social media (TikTok, X, Instagram, Facebook, Reddit, Pinterest, etc.)†
- Weekly podcast limit: 3
 (choose them beforehand)

^{*} Genuine social events are fine (movies, sports, etc.)
† Unless you use social media for work, in which case you