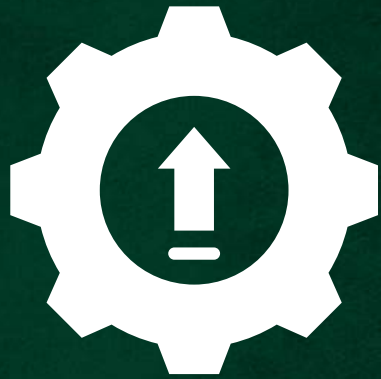


January 5th, 2025 - February 1st, 2025



level up

upgrade your posture, flexibility,
focus, vitality, clarity and happiness.

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.

[click here](#) 

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 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

- 22-49 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 ✓



January 5th, 2025 - February 1st, 2025
(4 weeks · 28 days)

 (weekly)
time.
commitment

4 hours → **12 hours**
minimum* maximum*

*depending on how hard you want to go

[click here !\[\]\(e78f798d4ea5c530c9db49e7d26e6b95_img.jpg\)](#)

pricing

bronze

4 Live Trainings (\$200)
recorded and uploaded

Group Accountability (\$45)
daily Telegram messages

20 Practice Audios (\$75)
learn the yoga techniques

20 Journal Prompts (\$15)
for reflection and growth

Summary Guides (\$35)
revisit the training material

Daily Homework (\$25)
embody the skills taught

~~\$395~~
\$255

silver

Everything in Bronze (\$395)
plus...

All Challenge Modules (\$70)



Waking Up® Access (\$45)
free 30-Day subscription trial

All Web Tutorials +
Class Packs Unlocked (\$110)

Wake the F*ck Up | Yoga Reset
Prāna Fusion | Gravity Yoga
Here to There | Deeper. Slower. Easier.

~~\$620~~
\$395

gold

Everything in Bronze and Silver (\$620)
plus...

1 Extra Bronze Ticket (\$255)
to gift or split with a friend

Two, 30-Minute Calls
with Ethan (\$110)
pre and post-training integration

3 Months Unlimited Yoga (\$80)
join Ethan's online classes

Past and Future Workshop
Recordings (\$270)

Endless Energy | Peak Productivity
Perfect Posture | Maximum Mobility
Complete Calm | Superconscious States

~~\$1,335~~
\$535

itinerary

90 minutes, times TBD

session #1

Sunday, January 5th

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 correctly use your body going forward.

session #2

Sunday, January 12th

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, January 19th

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

session #4

Sunday, January 26th

Learn to control the subtle energy flowing through your spine so that you can access superconscious states of meditation and inner peace on-command.

[click here](#) 

challenges



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



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.



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 social media, news and entertainment.



Yoga with Ethan

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

[click here](#) A white mouse cursor icon pointing towards the text.

Ethan Hill

Ethan is an acclaimed **international yoga teacher**, writer and corporate **stress management coach**.

He helps employees **heal** their bodies, **master** their minds, and **liberate** their souls using a blend of engineering principles and ancient yoga techniques.



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.

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!



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 these 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 ॐ

[click here](#) 

bonus +



unlimited yoga

access to all of Ethan's yoga classes and workshops for the duration of the training (>10 total, \$245 value).

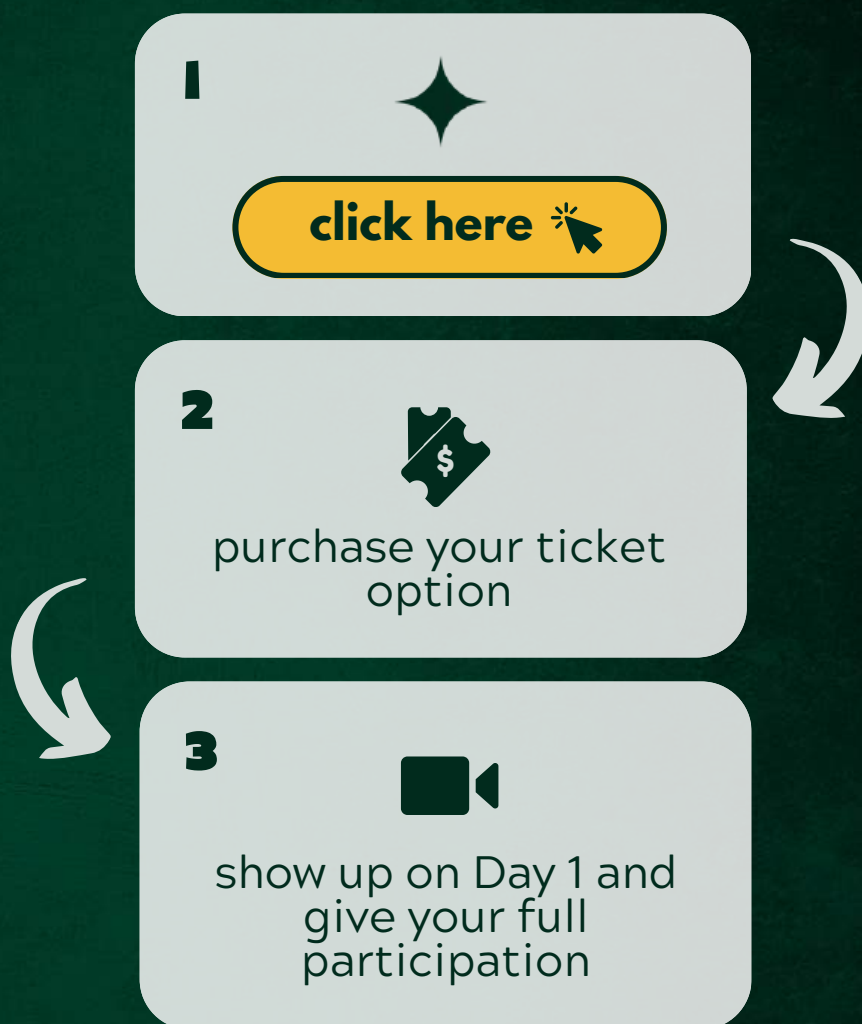


affiliate program

if you refer a friend and they buy a ticket, Ethan will pay you 15% of the ticket price *in cash*.

[click here](#) 

how to register





more questions?

book a free call with me 

and see if you're a good
fit for the program