

Introduction to the BrightLife Yoga Collective

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Welcome to the BrightLife Yoga collective. I'm Eric, your teacher and guide. And this is the first video in our foundations training module. It's designed to help you get your yoga journey started in the very best possible way.

I want you to know that my number one goal is for you to have, well, a life-changing yoga experience while having fun and making new friends all along the way.

As you'll soon see, our process of whole-life transformation using yoga's deeper wisdom is quite a bit different from how most people have come to understand and to practice yoga.

So, as you begin your journey I'll invite you to remember that our work here is not just about practicing and learning yoga, although there will be a fair amount of that, but more importantly, it's about, well, it's about you. It's about you remaking your life.

Whether that has to do with you becoming a better and happier parent or partner or person. Or maybe awakening your intuition or aligning with your life's purpose. Or deepening your connection to Source or Spirit. Or maybe something else altogether.

Whatever it is, I want you to know that our entire effort here will be focused on helping you create the kind of life you want to live while uncovering your most radiant self.

Now to do this, we'll be getting back to the spiritual roots of authentic yoga: beyond the postures and the meditation, beyond the breathing to the deeper truths, the sacred truths that just aren't being taught in yoga classes today.

And all of it will be delivered in a step-by-step path that's been designed to fit quite easily into your busy life.

I've built this process around five transformational elements. And I wanted to introduce each one to you today.

The first one is our weekly Satsang. Satsang is a Sanskrit word that means "in the company of Truth" and it's a gathering that is a traditional vehicle for the teaching of spiritual wisdom.

Now, in our case, these will be online sessions with me personally, where I'll teach you about a new piece of yoga wisdom each week: something we call our Yoga Wisdom Theme.

These will be held on Monday evenings at 5:00 PM Pacific, and that's 8:00 PM Eastern, and each session will be one part teaching and one part coaching and will set the direction for our yoga practice and our investigations for the week.

Now, second, we have our On-the-Mat yoga practice. The On-the-Mat practice is likely, for

most of us, anyway, to be the most familiar aspect of the BrightLife yoga journey. It'll be delivered to you in a recorded video inside of your Member Site and will typically involve a yoga posture sequence of some sort, sometimes with some meditation, sometimes with some pranayama or breath work, but always custom-designed to help you rejuvenate yourself in body, in mind and Spirit while also experiencing firsthand the power of the month's Wisdom Theme.

I'll tell you more about how to get the most from your On-the-Mat practice in an upcoming video.

Then we have our Off-the-Mat practice and the Off-the-Mat practice is, well, you might think of it as the engine that drives radical and positive transformation in your life.

These will be simple and fun exercises or investigations, and there are where we take the sacred insights and wisdom from yoga and put them to work practically in our daily lives.

I like to think of the Off-the-Mat practices as the BrightLife Yoga Collective's secret weapon. I'll be telling you more about how to get the most out of them in another video.

And then we have our amazing community of Members. They're yoga practitioners from literally all around the globe who are here on their own journeys, but they're also here to support, encourage you on yours—just as you in turn will do the same for them.

You know, there's a reason that every religion and spiritual system has a tradition of fellowship or community. And in fact, there are some traditions that that it's seen as an absolutely indispensable part of the spiritual journey.

So, I encourage you to take advantage of this incredible resource by making sure you join our private Facebook group and then jump in, introduce yourself and share often.

And finally, the last piece is personal mentorship and guidance which will be specifically tailored advice and answers to your questions from me and also from my amazing senior yoga teachers that you'll get to know as you get into Collective.

Need advice on a particular yoga technique? Or maybe you'd be looking for guidance on how to weave your yoga into daily life? Just ask us, that's what we're here for.

You can post your questions in the Facebook group or send us an email, and we'll do well, whatever we can to guide you on your way.

Used together, these five elements will supercharge, not only your yoga practice, but what your yoga practice will do for you in every corner of your life.