



ORDER OF PROGRAMS



Hey, welcome to Yoga for BJJ! To avoid confusion and the feeling of helplessness on this journey, Sebastian has structured the first few months of your path.

This should help you follow the programs consistently, and slowly chip away the stiffness, rehab any injuries you have or prehab the ones you fear!

Before we dig into it, we want to answer one of the most commonly asked questions. One you might have as well -

How long will it take to see progress?

That depends. You have to keep in mind that everyone is different. Some people are more flexible than others by default, while others are on the more stiff side of the flexibility spectrum. That's why everyone's starting point will be unique. Don't compare yourself to your teammates, or Sebastian! He's been doing yoga for quite some time now. He used to have back problems (two herniations), so his starting point was different from what you see today in the videos. He was able to rehab his injuries though, optimize his recovery process after years of judo and jiu jitsu, and get to where he is today. By staying consistent and focusing on yourself, you will get to where you want to be in terms of your body's flexibility and range of motion. It's worth it, however long it takes.

ORDER OF PROGRAMS

1. The official starting point on Yoga for BJJ is the 10 in 10 beginner program.

If you click on the tab Programs, the 10 in 10 will be the first program there. It has 10 videos that are 10 minutes long. Each video focuses on

a specific body part that suffers the most beatings or damage in jiu-jitsu.

Here are our **top 3 tips to make your experience with the 10 in 10 as smooth as possible:**

- Make sure you have enough space around you, BJJ mats work great, so does a yoga mat, even a good carpet is a good place to start.
- If any of the poses hurt or make you really uncomfortable try to modify them. In the unlikely event you feel pain, don't push through it, but back off. If you are super inflexible, you can also start on Yoga for Rocks.
- BREATHE.

The general idea with the 10 in 10 is that you do one 10 minute video every day for 10 days. If you want to do more than 1 video in a day though, that's completely fine! Do as many as you want to, that'll actually show you your main stiff areas sooner.

2. After 10 in 10, continue with either the Startup Program or the Yoga for Rocks programs.

The next program you'll do depends on how you found the 10 in 10.

- a. If it was easy or reasonably hard, but not too tough - continue with the Startup program.**

The Startup program is designed to get you familiar with the basics of yoga and with the sequences of movements. There are 20 videos, 2 for each day. One a short tutorial and the other one an actual 10-15min flow. It feels pretty damn good after you are done with the videos.

Do this program at least 2 times before progressing to the Foundation program!

b. If you found the 10 in 10 really hard or you feel very stiff, continue with the Yoga for Rocks programs.

The crew here at Yoga for BJJ trains to compete extensively and we have been also teaching classes and seminars. That's why we are well aware that a section of the BJJ population suffers from what we've deemed **rock syndrome**.

The symptoms of this made up disorder include **inflexibility, lack of joint mobility, minimal body awareness, lack of breathing control, poor base and balance** among others.

This not only makes practicing jiu jitsu harder, but it also does not help with recovery or risk of injury. Among the top players of the sport, only a rare few are inflexible or immobile. It also sounds and feels hopeless to be that stiff, but don't worry. **The Yoga for Rocks programs** were designed with extreme stiffness in mind.

Chose any of the 4 to start with - **Yoga of Rocks Hips, Inverted Guard, Legs or Shoulders** and do them multiple times. This should keep you busy for at least 2 months.

Feel free to test yourself here and there as well by giving the Startup program a go!

3. After you're done with the Startup program, give the Foundation program a go.

You got a hang of the basics with the 10 in 10 and the Startup program (or Yoga for Rocks in between). **The Foundation program will help you build a strong foundation** that will enable you to do pretty much any class on the website.

It will transform you into a solid white belt. It will also enable you to go into pretty much any yoga studio and be confident that you will not be overwhelmed by anything.

Some things may be difficult, the important thing is just to adapt and to not get frustrated. **Do the program between 2-4 times before continuing with other programs** (unless you found the foundation program super easy, then feel free to continue with another program after the first finish).

If you'll be feeling overwhelmed or will lose focus, try to complete all the above-mentioned programs. Make it your mission to go through them.

After you complete your mission with the beginner programs, we're 100% that you'll understand the basics of what Sebastian is teaching. You will also be tired of his humor, and super flexible everywhere. More importantly, you will have a sense of where you should go next.

4. What comes after 10 in 10, Yoga for Rocks, Startup Program and Foundation week?

When you're done with all the beginner programs, you've got different options on how to continue.

- a. If you discovered that one part of your body is extremely stiff, or you just have an area you want to work on (get more range of motion and mobility), go to the body part section in the app.** You should find that body part specific program in there.
- b. If you have one specifically problematic area, an old injury for example - take a look at the rehab programs section.** Those programs are filmed by our licensed osteopath (UFC veteran and BJJ black belt) Rosi Sexton. She's packed the programs with

specific stretching, strengthening exercises and foam rolling for mobility work.

c. If you're looking for something specific, a program for 40+ members, breathing programs, competition prep programs, handstand tutorial - **take a look at the specialties in the app**. You can do any of those alongside any other programs.

d. If you found the beginner programs fairly easy - take a look at the **intermediate/advanced programs** in the app. They might be hard when you'll just be starting out, but keep modifying the poses, skip anything you can't do yet. They will get easier. You can also try any of the body specific programs or specialties in between and then return to the intermediate/advanced.

WORKING TOWARDS THE GOAL

Eventually, when you get to know your weak points and what you need to stretch/strengthen, you'll be able to create your own routines. **You can use the FILTER tab in the app and find specific types of videos, depending on what you need at a specific moment.** You can search for morning/evening videos, before/after training, 10/15/20/30/60 minute ones, flows, stretches, body-specific ones... whatever you need!

With that said, don't hesitate to write if you have issues, either with your account or with anything related to what we're doing in the videos.

Big OSS for committing to this journey ahead. We will not let you down unless you quit halfway!