



**Inner Axis** deals directly with stress, anxiety, and sleeplessness. It produces a level of fitness that makes you feel better, sleep better, and therefore function at a higher level, in your relationships, life, and work. Inner Axis classes include breath-based yoga movement and mindfulness, and are accessible to all fitness levels.

Because of its success with individuals across the world in workshops, retreats, and one-to-one sessions, Inner Axis is now being adopted by corporations as a sustainable wellness program. These are organizations that not only want to be successful, but also healthy, and to make a meaningful difference in the world.

Inner Axis guides ordinary people through the experience of extraordinary transformation. All fitness levels are welcome and will feel at home. The simple and accessible techniques enable deep transformation and meaning for everyone; all ages, abilities, and walks of life.

#### **What to expect:**

- Inner Axis is a daily life practice.
- It is for everyone who desires inner health as well as physical health.
- Inner Axis utilizes breath-based movement, inspiring visualizations, and immediately effective relaxation techniques.

#### **Key aspects of an Inner Axis practice:**

- We use levels to adjust to the individual's capacity and knowledge and educate students about the reasoning behind these methods.
- To accelerate and deepen learning we use repetitive physical and breathing patterns.
- We do not push students deeper into postures.
- We speak using ordinary language and in ways that are inclusive of all ideologies and religions.
- We communicate clearly and concisely and do not shame or speak harshly.
- We infuse class with a culture of ethics beginning with respect for the student, for ourselves and for the practice.
- Inner Axis is not a sport, but a breathing system accompanied by postures.
- We aim to remind the student of who they are at their best and to inspire them to actualize that.

### Some quotes from our students about what makes Inner Axis different:

- Jargon free and focused on stress reduction.
- A safe space for people to experience themselves as they are and transform themselves where they need to go.
- Offers self acceptance vs comparison and competition.
- Intention based - affects how you make decisions and how you are driven.
- Slow movements and focus on healthy alignment vs pushing into yoga poses.
- Clear, concise and practical instruction that apply on and off the mat
- Makes you feel confident.
- Focused on breathwork and movement that helps sleep disorder, depression and stress.

### About Max Strom:



**Max Strom** is a global teacher, speaker, and author. Many know him for his two inspiring books: *A Life Worth Breathing*, now published in five languages, and *There is No APP for Happiness*, his most recent title addressing the challenge of finding meaning in the digital age. Max Strom's interdisciplinary method, *Inner Axis*, is a system of field-tested techniques that guides ordinary people through the experience of extraordinary transformation. Among Max's recent speaking appearances were three TEDx events and a keynote speech on ethics in business at a Fortune 500 corporation. His articles and interviews have appeared in print, online media, radio, and television around the globe. As an in-demand speaker, Max has presented his method at the Inner Idea Conference, the Happinez Festival in the Netherlands, The Singularity University in the Silicon Valley, Sea Island resort, as well as the keynote speaker at many yoga conferences. You can see more of Max Strom's work on his home practice DVDs. Max is based near Washington, DC.