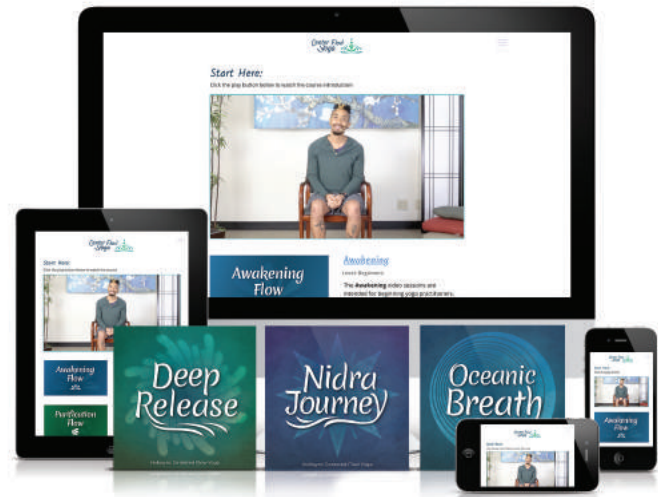




Welcome to **Center Flow Yoga**, a unique collection of audio and video presentations designed for yoga enthusiasts of all ages and abilities.

We call it “Center Flow” because our “center” represents the authentic core of our power and well-being. And “flow” because unlike most yoga classes that are focused on holding difficult static poses (asanas) for long periods of time, **Center Flow Yoga** is more focused on fluid movement of your body in time and space.

**Center Flow Yoga** is meant to complement your other Holosync listening practice and easily integrate into your schedule. Even if you’re already doing other forms of meditation or yoga, you’ll find **Center Flow Yoga** enhances and deepens these other practices.



You can pick from nine yoga video sessions of different ability levels to create your own daily practice or choose your favorite session and enjoy the video as your schedule allows. Plus, two of the three Holosync soundtracks include separate guided audio yoga and breathing meditations. That’s eleven unique sessions in all; nine videos and two audio sessions.

There is no specific order or sequence of video or audio sessions that need to be followed. Feel free to experiment to discover the sessions that work best for your ability level and schedule. If you’re not sure where to start, begin with the very first video session. You can watch all the sessions and then choose three or four sessions to create your own weekly yoga practice.

There are countless benefits even a simple yoga practice can provide:

- Improved heart and circulatory function
- Release of stored tension and toxins
- Better balance and more energy
- Easing of joint stiffness and pain
- Increased flexibility and mobility
- Strengthens immune system
- Improved sleep patterns
- Lower stress levels
- Improved posture

...and that's just to name a few.

We've designed **Center Flow Yoga** to work with almost any schedule and to suit almost any practice level. So whether you're brand new to yoga with only a few minutes of time to spare each week, or you're a dedicated yoga student looking to elevate your practice to the next level, **Center Flow Yoga** has something for you.

**Center Flow Yoga** includes a series of nine video sessions hosted by yoga expert **Gregg Hendrix**, plus three Holosync-based audio soundtracks to deepen and enhance your yoga practice like nothing else (two include guided breathing/yoga sessions).

**We want you to get the best possible results from every moment you spend with your *Center Flow Yoga* materials. So please read the info below thoroughly before using any of the *Center Flow Yoga* videos or Holosync soundtracks.**

# Table of Contents

<i>Welcome!</i> .....	1
<i>The Video Sessions</i> .....	4
<i>Tips For Using the Center Flow Yoga Videos</i> .....	12
<i>The Holosync Soundtracks</i> .....	13
<i>Some Things to Remember</i> .....	18
<i>Frequently Asked Questions</i> .....	19
<i>About Gregg Hendrix</i> .....	21



# The Video Sessions

The nine **Center Flow Yoga** video sessions with Gregg are like having your own private yoga instructor ready anytime you are. They include three separate classes organized by duration within three distinct levels.

The **Awakening** video sessions are intended for beginning yoga practitioners, those new to yoga, or for those looking for a simple practice they can easily incorporate into their day. These sessions include easy-to-follow yoga postures suitable for anyone, including those who have found yoga to be too hard to do in the past.

The **Purification** video sessions are for intermediate yoga practitioners who have some previous yoga experience and are looking for a way to deepen their daily practice. These sessions are ideal if you've done yoga before or are looking to add yoga to your current fitness routine.

The **Flowering** video sessions are intended for more experienced practitioners who are seeking to expand their yoga practice and who want more of a challenging experience. Most will find these specially designed sessions to be both demanding and deeply rewarding.

In each series, you can choose from video sessions that are approximately 20, 40, or 60 minutes in length. Each video features different movements and asanas.

There is no wrong way to do the videos. You can move sequentially through the videos if you wish, or just pick one of the video sessions that appeal to you or that best correspond to your level of practice. You can also choose the ones that suit your schedule. Or pick two or three of your favorites and create your own weekly yoga routine. Over time you may feel the need to move to a longer or more challenging session.

Be aware that some video sessions will seem more challenging than others to you. While you're welcome to pick the sessions that are easiest for you to do, we encourage you to also try some that are more challenging, as those sessions have considerable potential to produce improvements in your balance, flexibility, and overall conditioning.

*Note: If the Awakening, Purification, and Flowering names sound familiar to you, it's because we based them on our classic Holosync Solution Program which includes Holosync deeper levels arranged in the same sequence.*

Below is a brief description of each of the nine Center Flow video yoga sessions.

## In the Awakening Video Series:

### Awakening Flow: *Grounding*



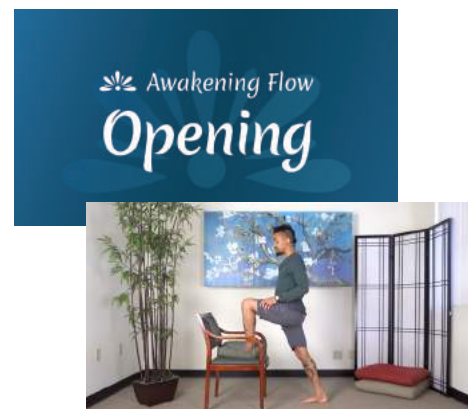
Stress in our daily lives sometimes makes us feel unconnected and adrift, like a ship whose anchor has torn loose in a storm. Becoming grounded means to regain our balance and connection to a sense of stability and soundness.

**This session is about 20 minutes** in length and introduces simple-to-follow seated poses to strengthen hips and tailbone areas. Included are some humming/sound techniques designed to help you become connected and grounded.

### Awakening Flow: *Opening*

To change and grow we must open ourselves to possibilities. In this session, Gregg guides you through simple but powerful exercises to expand and open your body and mind to positive and healthy change.

**This session is about 40 minutes long** and focuses on opening up the upper



body. Included are seated/chair positions and a sequence of techniques that move from the upper, to middle, to lower body.



## Awakening Flow: *Centering*



The center is where our truest self resides. It's the location of authenticity and the source of our strength, energy, and quietude.

This **60 minute session** pays special attention to the heart, and to the emotions and sensations that can arise from movement. We learn to center our breathing for this flow (practice), and find our center of peace and strength.



# In the Purification Video Series:

## Purification Flow: *Balancing*



Stress, even common everyday stress, can throw us off balance and keep us reeling. Sometimes it can seem like we'll never quite regain the balance of a stress-free life. But with some diligent practice and mindful attention it's possible to overcome the disorienting effects of stress and find our balance once again.

This **20 minute session** explores the sensation of balance using a variety of hand and foot positions. The session includes the use of a wall or chair for stability.

## Purification Flow: *Strengthening*

Strengthening allows our body to bear the weights of our activities and duties without feeling weakened and becoming more susceptible to illness and fatigue.

This **40 minute session** features some static postures/asanas designed to strengthen your body and enhance endurance. This session includes planks and flexion of muscles while holding postures.



## Purification Flow: *Rejuvenating*



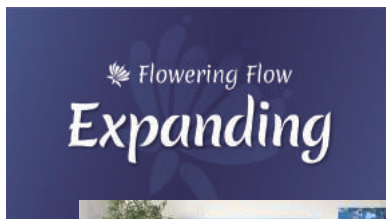
Physical, mental, and emotional energy are renewable resources. But too often we use up our internal batteries without taking time to recharge them.

During this **60 minute session** you'll be exploring some dynamic movements related to reaching and stretching, with special attention to poses that renew and rejuvenate the body and mind.



# In the Flowering Video Series:

## Flowering Flow: *Expanding*



Expanding means going beyond your current limits. Growth only happens when we identify our current boundaries and consciously choose to exceed them.

This **20 minute session** takes you through a range of flexibility exercises and poses including half-splits, wall-assisted backbends, and warrior 3.

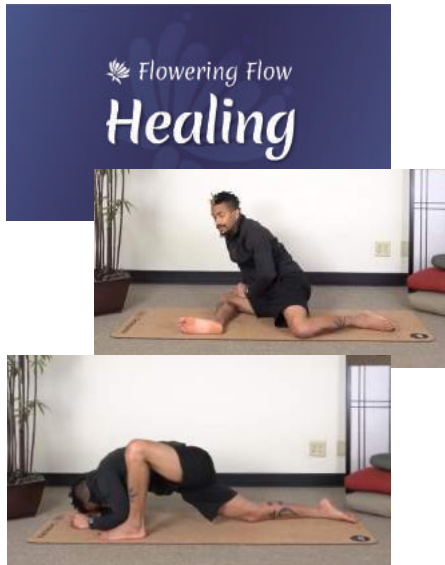
## Flowering Flow: *Integrating*

To integrate body and mind we must take action. In this session Gregg leads us through a series of challenging and physical poses designed to bring mind and body into focus.

This **40 minute session** focuses on developing your center, your "core." Included are forward folds, boat pose, upside-down table, and lunges.



## Flowering Flow: *Healing*



Healing allows us to witness the remarkable abilities of our body. Healing is a way of uniting all the aspects and benefits of the Awakening, Purification, and Flowering sessions in one powerful session.

This **60 minute session** features a lot of powerful breath work to facilitate cathartic release and healing. Full splits (or pigeon pose), deep lunges, and full bridge are included.

*(Note that video times are approximate and may vary slightly)*



# Tips for Using the Center Flow Yoga Videos

- **Always check with your doctor before beginning any exercise or yoga routine.**
- We recommend starting with the Awakening sessions unless you're an experienced yoga practitioner. You can always increase the intensity of your sessions by moving into the Purification or Flowering sessions if you wish.
- **Relax! Always wear comfortable clothing that allows a full range of motion and easy movement.**
- Respect your body's limitations. If a given pose or movement is too difficult for you, don't force it. Simply move on to the next pose.
- **Be consistent! Infrequent yoga sessions can produce terrific results but you can expect the best results from a daily practice. If you're just getting started, try three sessions a week.**
- Be sure you have plenty of physical room around you during your sessions, away from breakables.
- **Practice in a quiet and distraction-free environment where you can remain focused on the video content and your practice.**
- If you ever feel too much physical discomfort or pain, discontinue your yoga practice and consult with your doctor.

# The Holosync Soundtracks

Your **Center Flow Yoga** package includes two powerful Holosync soundtracks to enrich your yoga practice, plus an incredible third bonus track with a special audible yoga session presented by yoga expert **Gregg Hendrix**. Each of these soundtracks was designed exclusively for the **Center Flow Yoga** program and are not available individually or as part of any other program or package.

Let's take a closer look at each of these tracks and review the instructions for using them.



## Holosync Soundtrack #1: *Oceanic Breath*

This unique track combines the power of Holosync with the remarkable effects of Ujjayi Breathing also called “oceanic breathing.” This kind of simple yogic breathing can help alleviate anxiety, reduce tension, and produce a state of deep and profound calm (and anyone can do it).



It’s done by gently constricting the opening at the back of the throat during both the inhale and exhale. This produces a gentle rasping sound not unlike the sound of ocean surf. (Some people say it sounds a little like Darth Vader’s famous throaty breathing, minus the dangers of the dark side!)

**Oceanic Breath** uses Holosync to deepen the experience by inducing an alpha brainwave pattern ideal for centering the mind and body, and silencing worrisome thoughts. Through audio cues from Gregg, you can follow your breath over the 25 minute session and finish feeling refreshed, centered, and renewed.

(Note that the verbal guided breathing exercise lasts approximately seven minutes. The remainder of the soundtrack has no verbiage, allowing you to continue to relax and breathe until the end of the listening session.)

Users typically experience a feeling of serenity and peace, making this soundtrack ideal for combating anxiety and stress.

**Oceanic Breath** can be used daily (up to three times per day), or on an occasional basis as needed. It can be used in any relaxed position including standing, seated, or reclining.

As with all Holosync soundtracks, headphones or earbuds are required for optimal benefit.

## Holosync Soundtrack #2: *Deep Release*

**Deep Release** is the deepest and most potent soundtrack Centerpointe has offered outside of our main Holosync Solution soundtracks. It's specially designed to bring brainwaves into an extremely deep delta state using very low carrier frequencies (which intensify the stimulus being fed to the brain).



The purpose of **Deep Release** is to trigger the release of tension, flush-out old unresolved mental and emotional material, and to cleanse the mind of excess “baggage” and stress.

**Deep Release** should be used no more than twice per day, while in a seated or reclining position, free of external distraction.

Please note that due to the potency of this soundtrack, some users may experience the cathartic release of emotional material, which can produce emotional reactions such as crying or even laughter. This is a normal response to the cathartic process as your system flushes out toxic worry and stress. We encourage you to allow the release of any emotions that may arise during the listening session.

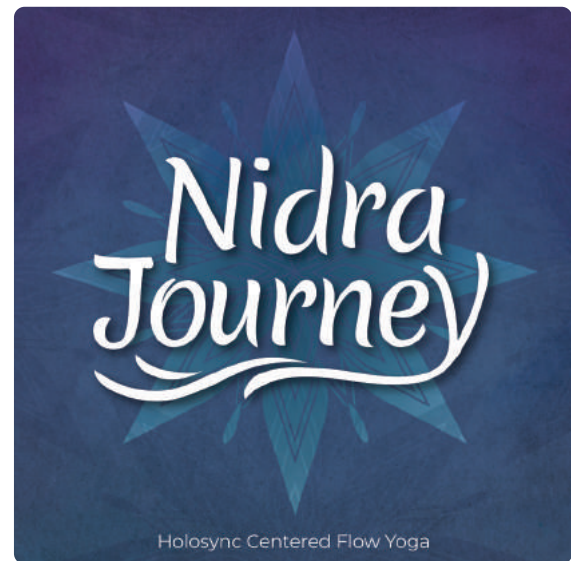
There is no verbiage or affirmation script used on **Deep Release**.

As with all Holosync soundtracks, headphones or earbuds are required for optimal benefit.

[BONUS] *Holosync Soundtrack #3:*  
**Nidra Journey**

**Nidra Journey** is a bonus session to compliment your **Center Flow Yoga** video sessions.

In this relaxing audio yoga session, Gregg Hendrix guides you through a 40 minute Holosync journey designed to draw you into a world of twilight reflection and calm connection with your breath and body.



Nidra practices focus on mindful breathing to enter into a state of expanded awareness, but with characteristics usually associated with restorative sleep.

That state, somewhere between deep sleep and wakefulness, can yield incredible insights and feelings of oneness rarely experienced, even by longtime meditators.

While listening to Gregg's expert guidance, Holosync will gently bring your brain down to a very soothing theta brainwave state.

Anyone can do the **Nidra Journey** session. There are no complicated or uncomfortable poses. In fact, you can do the session in a Savasana pose if you wish, a passive pose lying flat on your back. (Gregg provides more detailed guidelines in the session.)

**Nidra Journey** can be listened to once or twice per day, or on a more occasional basis. It is best used on an empty stomach in the later hours of the day.

Users often report a rejuvenating effect from **Nidra Journey**, as though they have gotten a full night's deep sleep (although we do not recommend using this track as a substitute for normal sleep).

Note that due to the deep relaxation this soundtrack produces, it is not uncommon to doze off during this session, although remaining conscious through the session will produce the best results.

As with all Holosync soundtracks, headphones or earbuds are required for optimal benefit.

# Some Things to Remember About Holosync Sessions

- Always use stereo headphones or earbuds. While the music or nature sounds can be enjoyed without the headphones, the Holosync and Autofonix neuro audio technologies require stereo separation to produce the desired effects.
- **While Holosync is considered totally safe, check with your doctor if you're dealing with any neurological or other medical conditions that make your nervous system unusually sensitive to sound stimulus.**
- You do not need highly expensive audio gear to listen (although higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the MP3 format. (Centerpointe offers affordable, high-quality studio monitor headphones and hi-resolution earbuds. Visit <https://www.centerpointe.com/collections/headphones/> for details or call 503-672-7117)
- **All tracks are offered in high bitrate 320kbps MP3 format to ensure superb audio quality and effectiveness.**
- Never listen while driving or riding a bicycle or while doing any other activity that requires your full attention.
- **When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.**
- Note that not every listening session will yield the same effect. Be prepared for some listening sessions to feel "deeper" or more eventful than others. Never worry about having a "wrong" experience. Your nervous system will provide whatever response to the listening session it needs to at the time, and this can vary a lot between listening sessions.

# Frequently Asked Questions About Holosync Soundtracks

**Q) “I hear a slight hum or buzz on my soundtracks.”**

**A)** That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners do detect the presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your hearing, what soundtrack you’re listening to, how loudly you’re listening, etc). Again, it doesn’t matter whether or not you can consciously hear Holosync – it will still work.

**Q) “Are my headphones or earbuds good enough?”**

**A)** While some Holosync soundtracks do use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your **Center Flow Yoga** soundtracks. Any normal stereo headphones or earbuds will work.

**Q) “What track should I listen to first?/  
Is there a sequence?”**

**A)** You can pick any track you wish to listen to first. There is no sequence that needs to be followed. You can focus on one track or listen to them all in the course of your day if you wish.

**Q) “How long should I listen to the tracks?”**

**A)** That’s entirely up to you. Listen to any or all tracks as needed. Consistent listening yields the best results, but find what works best with your schedule. Refer to the instructions for each soundtrack for more information.

# Frequently Asked Questions (cont.)

Q) *“What if I don’t have time to listen to all the tracks?”*

A) No problem. The **Center Flow Yoga** program is designed to work with your schedule. Whether you end up using only one track for a while and then move on to another, or you opt to work all of them into your daily listening schedule, that’s entirely up to you.

Q) *“Will the soundtracks work better at a louder volume?”*

A) No. Listening at loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. We recommend listening at a comfortably low volume.

Q) *“I’m also doing the Holosync Solution program. Can I do both?”*

A) Certainly. The **Center Flow Yoga** soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products.

If you have other questions or comments, feel free to contact our **Accelerated Results Coaches**. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday. **503-672-7117**  
Or you can email [support@centerpointe.com](mailto:support@centerpointe.com).

# About Gregg



Gregg grew up in Seoul Korea near the Gwanaksan Yeonjuam temple, where he learned meditation and yoga.

When he was 14 he and his family moved to the United States, he carried the practices that he learned with him. While still a teenager, Gregg suffered serious injuries in a devastating car accident that threatened to leave him with lifelong pain, stiffness, and limited mobility. This tragic event prevented Gregg from doing everyday activities most take for granted, like bending over or sitting up.

Even worse, he couldn't run or do any of his favorite athletic activities. Gregg was inspired to go on a quest to find a way to heal his body and regain his strength and mobility (something his doctors warned him was not ever likely to happen). The quest led him to yoga. With careful but persistent work and determination, Gregg used yoga to heal his body and eventually regained (and improved) his strength and mobility.

While continuing his practice and studies, Gregg discovered the need for practicality over esotericism, and explored the impact and benefits



of yoga on physical health, pain reduction, flexibility, stamina, and balance. He learned about the body - how it moves and operates - and became a yoga teacher. He then furthered his education by becoming a certified personal trainer with the National Academy of Sports Medicine. A perpetual student, Gregg's certifications grew as he became a E-RYT-500 (meaning that he completed over 500 hours of training, and over 1000 hours of teaching). Gregg continues to study and teach yoga, meditation, and fitness.



Gregg is an avid reader, podcaster, and hiker. He lives in Beaverton, Oregon with his wonderful partner Melody and their beautiful child Artemis.

## Disclaimer:

The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness. Nor is it intended as a substitute for professional medical or mental health treatment. All information, class content, instructions, audios, and videos included in this program are intended for educational purposes.

Users understand and agree to use the program content presented as is, and to hold harmless the provider of this program material - Centerpointe Research Institute - in the unlikely event of injury or discomfort as a result of its use.

Please consult your physician before beginning any of the video yoga sessions provided.

The **Center Flow Yoga** program was created by the Centerpointe Team.

