

Inner Axis description

Inner Axis is Max Strom's interdisciplinary wellbeing system that focuses directly on reducing stress, anxiety, and sleeplessness and preventing burnout. It guides ordinary people through the experience of extraordinary transformation and produces a level of health and fitness that makes you feel better, sleep better, and therefore function at a higher level in your relationships and your work. Inner Axis classes incorporate breath-based yoga movement and mindfulness, and offer several levels to accommodate the student's capacity. The simple, accessible, and noncompetitive techniques ensure Inner Axis is suitable for nearly everyone, enabling deep transformation and meaning for all ages, abilities, and walks of life. As Max says, *"You will feel better after only 10 minutes, and by the end of the class you will be more relaxed and clear-minded than you have for a long time."*

Inner Axis Teacher Guidelines

1. We don't go anywhere without our breath. Inner Axis is not a sport, but a breathing system accompanied by postures. Keep reminding students to come back to their ocean breathing and *why*. Do not burn incense oils, or any other scent because it can irritate people when they breathe deeply, and/or trigger some people's preconceptions of "a Hindu based practice, therefore religious."
2. We enable the students to hear their own breath and do not play music in our classes. If the surrounding area is noisy, quiet and serene music without lyrics can be used during Total Relaxation only.
3. We set a higher intention to empower human potential for grace and healing and deeper states of being. This means we set an intention for every class and encourage our students to practice with meaning which is what they need more of in their daily lives.
4. We lead by example. We embody kindness, strength, grace, and healing in everything we do. We focus on our students and their abilities while not challenging or pushing them to do more. We use gentle language and create an atmosphere of safety and healing.
5. We communicate clearly, taking the time to speak politely with the utmost respect and *never* rush, or brush over things abruptly or distractedly. We use the language of the community or English, we are teaching and are careful not to slip into Sanskrit (ie: savasana, asanas, vinyasa, etc.) or make references to yoga-inspired terms or beliefs (ie, chakras, third eye, karma, etc.)
6. We use levels of postures so students can adjust their effort and safety level according to their capacity, health, and knowledge. We encourage students to switch

between levels based upon the day and the needs of their bodies at the time of class. Someone who usually practices at level 3 can certainly have a level 1 day or chose to stay in child's pose for certain postures. We welcome that and even encourage it.

7. We move into many postures multiple times, using repetitive patterns to accelerate and deepen learning. Explain that the body learns best this way and it allows for the student to explore the poses further because of repetition. While the body goes into the same, familiar pose the brain is then free and encouraged to focus on ocean breathing rather than ensuring that the posture is "correct."

8. We teach using the sequences provided to us by Max Strom but adapt them according to the needs of the student. Do not change the sequences by adding non-Inner Axis poses or creating variations to poses that are not in the Inner Axis manual. We strive to keep Inner Axis free of the influences of the many yoga styles, that we respect, but do not incorporate in our work.

9. We do not push students deeper into postures. While sometimes touch is necessary to help a student with healthy alignment, we encourage each person to explore his or her own body and its limitations, versus setting a standard for everyone. The students are to monitor their own abilities in order to avoid injury and we are not to encourage deepening poses or going into "full expressions" of a posture.

10. We have a clear understanding of our ethics and live by them. The practice we teach is also beyond the mat and all the more powerful because of this. We infuse our classes with a culture of ethics beginning with respect for the students, for ourselves, and for the practice. IA teachers have a reputation of punctuality, keeping our word, and creating a safe place for healing in our classrooms.

An Inner Axis teacher aims to remind the student of who they are at their best, and to inspire her or him to actualize that.

In order to call yourself an Inner Axis Teacher in your bio or on a schedule, you must wholeheartedly commit to and follow these guidelines. If you cannot or choose not to, you must not entitle yourself as an Inner Axis teacher. Choosing to incorporate aspects of Inner Axis in your teachings is reasonable and acceptable. In this case, however, you must refer to yourself as an *Inner Axis inspired teacher* in your bio, website etc.- but not in the title of your class.

*We want people from all over the world to be able to find Inner Axis classes in yoga centers, community centers, corporations, etc. and to receive a similar experience no matter where they go. We appreciate your understanding and dedication to keeping Inner Axis consistent and focused on the principles set forth by Max Strom.