

**Being Presentations**  
**by Johann Kotze**  
www.yoga.za.net



*What is a Being Presentation?*

A 90 minute Presentation and Workshop based on the *Five Keys to Well-being* technique by Johann Kotze. An understanding of well-being and the motivation to achieve it is coupled with simple, practical tools to realize greater personal well-being.

Johann is a yoga teacher, therapist, well-being motivational speaker and consultant, musician, and author/producer of *Five Keys to Well-being* book, CD and DVD. All workshops topics are placed in context of greater well-being based on the Five Keys principles.

Anyone can benefit from the Five Keys, persons of any level of fitness, ability and religion are welcome.

## CHANGE THE WAY YOU LOOK, FEEL, MOVE AND THINK

The *Five Keys to Well-being* technique will improve your posture, breathing and mobility. You will learn to relax and manage your stress, experience effortless power and grace at any age, and stay focused, calm and confident in all circumstances. Based on common sense and practical spirituality, this empowering program is suitable for everyone.

The *Five Keys to Well-being* are:

- Posture • Breath • Mobility • Relaxation • Body-Mind-Spirit Integration

### MASTER THE FIVE KEYS TO WELL-BEING

The *Five Keys to Well-being* technique embraces the powerful and empowering body-mind-spirit principles of the yoga system. Based on common sense and practical spirituality, this program is suitable for everyone.

### WHY THE FIVE KEYS TO WELL-BEING TECHNIQUE IS SO EFFECTIVE

The *Five Keys to Well-being* technique brings about greater vitality, clarity of thought and improved health and productivity.

- Good posture aligns the body and releases physical, mental and emotional stress patterns.
- Efficient breathing energises the entire system. It releases tension and negative body-mind patterns such as anger, fear, judgment and resentment, thereby improving communication at work and in personal relationships.
- Deep stretch methods release deep tension and ensure supple strength and agile mobility.
- Effective relaxation is an important aspect of stress management and a healthy lifestyle.
- Meditation skills create the ability to focus and rise to any challenge.

## Workshop Modules

There are four individual modules that may be combined in a series:

### 1. **Breathe and stretch for stress management**

*Good posture and effective breathing releases tightness and discomfort, and arrests the whole stress cycle in its initial stages, preventing build-up of tension in the body. This prevents the mind from tensing up in response to the body- and breath tension caused by the discomfort of poor posture.*

### 2. **Deep relaxation, power-nap and body stress release for stress management**

*Practicing deep relaxation has several benefits:*

- *A vital life management skill:  
It gives the body and mind invaluable insight into the origin of stress and its management.*
- *Facilitates short-term stress release:  
It prevents accumulative stress from becoming a long-term, chronic conditions.*
- *Emergency stress relief:  
It may help to overcome even acute cases of anxiety, panic attacks or other emergency situations.*
- *Rejuvenation and healing:  
Deep, focussed rest is essential to recover from exhaustion, injury or illness.*
- *Mind power:  
Focussed relaxation is a great teacher of the power of the mind.*

### 3. **Good Posture and Effective Breathing for Slimming and Weight-loss**

*With a positive attitude towards mild but effective exercises and healthy lifestyle habits you can improve how you look and feel without becoming a fitness and health fanatic!*

### 4. **Experience Energy**

*Experience Energy is a profound experience of body and mind - the powerful and co-ordinated use of all the major muscle groups of the trunk and limbs tone, strengthens, stretches and aligns the entire physical body, the mind fully aware of and focused on the stimulating actions and the breath origin of this profound experience of energy.*

#### *Combining Modules*

- Module 1 and 2 serve as an introduction to the Five Keys System, and are best done first.
- Module 1 and 2 are best paired for maximum effect.
- Module 1 - 3 form a powerful synergy.
- Module 1- 3 are suitable for persons of all physical ability or level of fitness.
- Module 4 Requires a reasonable level of flexibility and strength.

#### *On offer*

##### *Per person*

R250 for 1 module.

R450 for 2 module.

R600 for 3 module.

##### *Block bookings 10 - 19 persons.*

R200 per person per topic for 1 module.

R180 per person per topic for 2 module (R360).

R150 per person per topic for 3 module (R450).

##### *Block bookings 20 - 30 persons.*

R180 per person per topic for 1 module.

R160 per person per topic for 2 module (R320).

R140 per person per topic for 3 module (R420).

## **Module 1**

### **Breathe and stretch for stress management**

#### **Managing stress with effective breathing, simple stretches and good posture**

When a stressful situation arises the body tenses up in response. A body in a state of discomfort, caused by tightness or aches creates feelings of being ill at ease, and signals a mental stress response.

Good posture and effective breathing releases tightness and discomfort, and arrests the whole stress cycle in its initial stages, preventing build-up of tension in the body. This prevents the mind from tensing up in response to the body- and breath tension caused by the discomfort of poor posture.

#### **Exploring the body-mind connection**

Everything that happens in the mind is mirrored in the body, and everything that happens in the body has an influence on the mind.

Stress locks the body in a pattern of body stress, creating further ineffective breathing and poor posture. Resulting tightness prevents the free flow of energy into and within the body, and communicates to the mind, unconsciously, that a stress situation is present - even if there is no stress! When a situation of real stress arises the lack of fluidity impacts on the whole system without the breath as natural means to release stress and act as shock absorber.

Mental tension, any level of concern, worry, anxiety or fear, stimulates a physical stress response that locks the body and mind in a grip that tightens up the muscle around the trunk when the tension is not consciously released. When the pressure is on, for example, during a tense meeting, or driving the kids to school in peak traffic with another appointment waiting - say to discuss a worrisome health concern with the doctor - the body tends to become uncomfortably tight and breathing strained. Worry before an event associated with pressure may cause lack of sleep, with tiredness adding frustration to tension, causing all loss of enjoyment or pleasure throughout the day.

In these scenarios it is the mind that causes the physical stress condition, resulting in a physical stress response that makes it difficult to breathe and maintain good posture, further aggravating the cycle.

Examining the origin of stress patterns, the way the body is impacted and developing tools to clear the mind and methods to release body stress on a practical, day-to-day basis is a very necessary tool - not only to achieve a happy existence, but a tool of survival.

#### **Ineffective breathing and poor posture causes body stress**

Poor posture restricts range of motion and ability to breathe effortlessly, and causes tension that holds, instead of releasing stress, causing the body to become an uncomfortable place to be. Slouching hour after hour in the office, or driving in the traffic, worrying about stressful appointments without breathing properly are examples of how poor posture and ineffective breathing prevents natural stress management.

Mental or emotional tension or turmoil manifests as further body stress in a negative feedback loop when the body, already ill at ease, is further compromised by a tired, edgy, irritable or worried disposition, causing further poor posture, breathing and physical tension.

#### **Stretch in a correct posture**

The natural integration of breath and posture ensure the holistic development of both: learning to breathe teaches awareness of posture, and good posture accommodates healthy breathing. The practice of these two basic cornerstones starts with the stretching and lengthening of the spine with regards to consideration of the whole body.

Suppleness of the larger muscle groups encourages a greater range of motion of the joints, and increased strength and pliability of the whole structure. Bones and muscles in correct alignment creates postural integrity of the entire skeleton, in turn benefiting the health of the big muscle groups as well that of the ligaments and tendons, resulting in a more stable, pliable and powerful body with performance levels increased in every respect. When all muscle groups are united in equal strength the total power and performance of the body is enhanced as a fully functional whole, and the functioning of all the other systems are optimized.

It then becomes possible to enjoy the simple pleasures in life, such as working in the garden and playing with the children and even with the grandchildren. Effective mobility ensures that the body is able to move with comfortable agility under any circumstances, be it the climbing of stairs, getting in and out of a car, walking over rough terrain, or crossing a sand-dune on the way to the beach. Mobility bestows the gift of youthful functionality irrelevant of age, as the stiffness or inflexibility of age is not so much related to advancing years as it caused by neglect of the natural mobility of the body-structure. A powerful and youthful appearance is directly related to physical ability; the grace of upright mobility looks impressive and attractive at any age, all while protecting the body from developing harmful stress patterns.

### **Managing the mind to manage the body**

Because the body tenses up in response to the mind, acquiring any mental focus or meditation skill is a vital line of defence against stress. You do not have to sit in extended meditations; instead learn to focus on the present moment, correcting your posture and breathing, and the thought-situation or root cause of the tension experienced in the body can be instantly released. Active, daily mindfulness, facilitated by breath awareness is a great way to manage the body without requiring additional time or effort.

### **Simple, easy and versatile stress management based on mindfulness**

Five Keys stress release and relaxation is simple, easy to learn, extremely versatile in application. Clear, focussed mindfulness keeps tabs on the body, assisting it to function free of physical blockages. The aim is to:

1. Develop an awareness of how stress patterns develop.
2. Develop management skills (breathe, stretch, posture) to prevent stress building up.
3. Maintenance through mindfulness - constant awareness of body use and mental patterns.

## **Module 2**

### **Deep relaxation, power nap and body stress release for stress management**

#### **Simple, easy and versatile relaxation for stress release**

The *Five Keys to Well-being* stress release and relaxation technique is simple, easy to learn, and extremely versatile in application. Stress management forms an integral aspect of the Five Keys that improves its other components of breath, posture and mobility, while improved breathing, posture and mobility enhances stress management.

*Practicing deep relaxation has several benefits:*

- *A vital life management skill:  
It gives the body and mind invaluable insight into the origin of stress and its management.*
- *Facilitates short-term stress release:  
It prevents accumulative stress from becoming a long-term, chronic condition.*
- *Emergency stress relief:  
It may help to overcome even acute cases of anxiety, panic attacks or other emergency situations.*
- *Rejuvenation and healing:  
Deep, focussed rest is essential to recover from exhaustion, injury or illness.*
- *Mind power:  
Focussed relaxation is a great teacher of the power of the mind.*

#### **Stress Management via deep relaxation- and rejuvenation**

Stress Management has been a buzz word in selling yoga to the public for many years, and rightly so. Yoga practice achieves remarkable control over the stresses that accompany life. When yoga is practiced with the emphasis on stress release it may overcome even acute cases of stress, and is a highly effective preventative of accumulative stress.

Practicing deep relaxation provides the body and mind with valuable insight into stress management. The technique for stress release is simple to learn, and requires absolute minimum levels of physical mobility.

A few minutes of deep relaxation (power nap) any time of the day, or a longer deep relaxation session of around 20 to 30 minutes practiced on a weekly basis can release deep stress in the physical- and emotional bodies, and rejuvenate the whole being effectively.

#### **Rest is vital to lasting health and productivity**

The skill to conserve energy in the long term rather than spending a lot of effort at once for short term gain prevents burn-out or damage over a longer period. Relaxation is based on the logic of a philosophy that encourages resting before one tires or becomes completely exhausted, preserving energy and health before it fails. This allows one to maintain a healthy equilibrium, a balance of activity and passivity. Mastery of deep relaxation techniques may yield hours of higher quality productivity and incalculable value in terms of health.

As is the case with all other aspects of health it is up to the individual to determine what works best and to be flexible enough in approach to ensure enough rest under most, if not all, circumstances. Strive to balance, in proper proportion, action and non-action: sleep and rest periods, void of all action, is as vital to sustain life and ensure long-term health as work, play and exercise.

Sleep is generally improved with moderate exercise and sensible dietary habits, coupled with healthy lifestyle habits, free of stimulants. Meditation and some basic relaxation techniques further support restful and undisturbed sleeping patterns.

## **Module 3**

### **Good Posture and Effective Breathing for Weight-loss**

#### **Visual slimming and abdominal tone**

Most quests for weight-loss are associated with diet and exercise. Unfortunately not everyone likes exercise, and most of us loathe giving up the pleasure of eating what we like. While we can never get or stay in shape by eating everything in sight and doing nothing to burn our intake of foodstuffs, there are two important foundations of slimming, often overlooked, that will help anyone to improve the way the look and feel without rigorous dieting and exercise.

Correct posture and effective breathing creates a more slim, graceful appearance without losing any weight by holding the body in a more upright, lengthened state, toning the abdominal and lower back muscle groups for gentle but powerful body sculpting. Good posture, and especially effective breathing, stimulates the metabolism, thus burning more calories, and improves the functioning of the digestive system, boosting general health and therefore a more attractive, confident appearance.

*With a positive attitude towards mild but effective exercises and healthy lifestyle habits you can improve how you look and feel without becoming a fitness and health fanatic!*

#### **Everyday awareness and exercise integration**

The secret of the *Five Keys to Well-being* exercises are that they are essentially everyday awareness principles that can be practiced throughout the day. It is possible to stretch and mobilize the body on a frequent basis with literally a minute or two of focussed breaths and movements.

Maintaining principles of good posture and effective breathing throughout the day as the basis of all activities; at work, leisure, or sport means regular, effective practice anywhere, anytime. Any physical activity improves weight-loss, and energizes all body functions.

Train yourself to fully integrate uprightness and breathing practices into your ordinary activities; transform the lost minutes of waiting in a line for service, the kettle to boil, a traffic light to turn green into a opportunity to train, and learn to sit upright and breathe properly at your desk or when you are out running, walking or exercising.

#### **A program for health and vitality**

The prospective slimmer stands a much better chance to gain a positive result with a program prioritized to optimize your total health, and therefore focus on creating vitality. Good overall muscle tone, and the stimulation of the all the body functions, especially its hormonal, respiratory and digestive systems, will create the most favorable conditions for it to naturally obtain its ideal weight.

#### **Right exercise**

Principles of good posture and breath, combined with deep stretch and mobility exercises will optimize fitness training and weight-loss on any level. There are no short-cuts to high levels of fitness or health, but those looking for great results with a minimum of time should note only take a few minutes of "right exercise", i.e. movement executed with determined, right action, will do wonders for anyone.

It is vital to understand that the quality, not the time spent on or type of exercise you do, that is important. Your exercise should improve your health and help you lose centimeters, not only kilograms.

Any exercise program, especially one aimed at slimming, should be based on a universal, common sense, intelligent "body wise" approach. Those not usually interested in a physical culture, should find an accessible, reasonable way of exercising.

- Tone all your muscle groups with resistance training without using equipment, creating an effective workout anywhere, anytime, free of the limitations of gymnasiums and tight schedules.
- Build lean muscle by stretching and resistance training without using weights, so you do not turn your fat into bulky muscle that will easily turn into even more bulk when you are unable to maintain muscle building.
- Light cardiovascular workout is obtained when brief walking, stretching or other exercises are executed with a powerful focus on effective breathing in harmony with rhythmic, focussed movements according to principles of maximized resistance training.
- Mobility exercises massage and revitalize the workings of the nerves, lymphatics, hormonal system and organs, restoring balance to and boosting the health of all systems.
- Inversions eg. upside down forward bends, and specific poses such as standing on all fours and then lifting onto the toes and hands only, improves hormonal health by stimulating circulation to the glands and the lymphatic system, restoring balance to and boosting the health of all systems.
- Agility and grace is the result of strength and flexibility, the result of the above exercises, in correct ratio.

### **A pleasure principle**

No exercise or diet program will work for you if you hate it. While you may not instantly love the changes and discipline required to become too slim or become more healthy, it is imperative that you develop an interest in, an understanding of, and at least take mild pleasure in your exercise routine. When your routine becomes a pleasurable activity that you look forward to everyday, i.e. stretching in the morning before work, or walking the dog at the end of the day, finding ways to feel more attractive, meet like minded people, feeling more vital, managing stress, improve your relationships, you will become motivated in the long term to follow through with your slimming goals. Prove to yourself the unsurpassed joy and satisfaction of being, of living, in a healthy state of body and mind.

### **Diet and supplements**

The body as a complex collection of systems requires optimal, harmonized functioning for lasting health and vitality. It has been proved over and over that weight-loss through dieting alone has virtually no chance of success. Develop a suitable, individualized diet that has its focus on acquiring greater health. a Develop a healthy lifestyle orientation that includes drinking enough water, and use of natural herbal supplements to boost your energies while detoxifying the systems. Nutritional supplements, from vitamins to protein powders, may be used with careful consideration.

### **Frequently asked questions (Q&A)**

Q. Can yoga prevent binge eating?

A. Yoga is extremely helpful for every conditions, yoga is powerful tool to focus the mind and normalise all its physical functions. Do realize that most negative conditions requires long-term solution, not quick fixes. In fact, there are no shortcuts to healthy minds, bodies and attitudes.

Q. What kind of practice is good for making the tummy slim and flat?

A. You need to tone the abdominal muscle. Do a few sit-ups if your back is up for it, and especially learn to breathe effectively - correct breathing is an amazing way to tune up tummy muscle. And good posture helps you appear more slim.

Q. I have sluggish metabolism, and find it hard to wake up in the morning. What should I do?

A. Amongst other things, it is important to wake the body up in the morning with a few invigorating breaths, a cup of warm water and two or three deep stretches that will massage the trunk, stimulating its functioning and increase circulation.

See the sample video on <http://www.yoga.za.net/weight-loss>

## **Module 4 Experience Energy**

### **A profound experience of energy**

A simple, powerful exercise sequence for the able bodied person that promotes an energized lifestyle. The Experience Energy Sequence is a flowing succession of movements that builds great stamina and strength by combining dynamic forward- and backbends, full length stretches and arm- and upper body balances, all synchronized with deep, deliberate, rhythmic breathing.

The sequence charges the body with energy derived from deep breathing, and stimulate the release of energy from within the body itself by massaging the adrenal glands, and by stimulating the glandular-, respiratory- and nervous systems as a whole with successive forward- and back bends in an open-and-close, pressure and release action along the entire body.

*Experience Energy is a profound experience of body and mind - the powerful and co-ordinated use of all the major muscle groups of the trunk and limbs tone, strengthens, stretches and aligns the entire physical body, the mind fully aware of and focused on the stimulating actions and the breath origin of this profound experience of energy.*

### **Experience agile physical power and sharp mental focus**

Experience Energy triggers the body's own systems of energy to explode in a powerhouse biofeedback loop of of natural nervous and glandular energy. One round of the sequence takes about 2 minutes, and 10 to 15 minutes optimized practice in the morning provides enough energy stimulation and exercise for the day.

The result is peak physical and mental performance throughout the day. When the body is thoroughly exercised and the mind fully aware the willpower centres are amplified, and you will discover your point of power through effortless effort - the secret of lasting well-being and the bottom line of lasting personal and professional success.

Experience Energy may be practiced as a stand alone exercise system or serve as a warm-up or wind down for any other gymnasium or sport activities.

### **Experience fitness and well-being**

On a first level the Experience Energy Sequence develops comprehensive suppleness and extremely effective exercise training. The Experience Energy Sequence provides a precision workout that releases stress from the entire muscular-skeletal system by aligning the whole of the body, simultaneously toning and building muscle from head to toe, with the emphasis on creating greater flexibility of the legs, spine and shoulders, without any risk of injury. The Experience Energy Sequence develops powerful lung capacity, motor skills, muscle and breath co-ordination and concentration.

The second level advantage is the more important and vital sense of well-being and energy lift, the awakening the internal flow of energy combined with life force of effective deep breathing. The metabolic system is stimulated and the body purified, developing stamina without requiring additional food or supplements, creating more energy without depleting energy. Experience Energy leaves its practitioner feeling light, positive and charged, and never tired, radiating refreshed vitality.

- Work-out with energy gain without getting tired
- Combines flexibility, strength, precision cardiovascular training for supple, agile power
- Boost your immune system and all other vital functions for peak health
- Improve your physical and mental performance
- Look and feel great

... Experience Energy continued:

### **Level of practice**

Experience Energy requires a reasonable level of flexibility and strength. Fitness and advanced level of mobility is not a prerequisite.

### **Weblinks**

Home: <http://www.yoga.za.net>

Johann Kotze biography: <http://www.yoga.za.net/bio>

Five Keys to Well-being: <http://www.yoga.za.net/fivekeys/info/>

Video page: <http://www.yoga.za.net/video>

Johann Kotze Being Music mp3: <http://www.yoga.za.net/music/mp3>

Download this pdf: <http://www.yoga.za.net/video/prospectus>

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comfort of the body  
is achieved by acquiring  
good posture, an effective breathing technique,  
and the ability to move fluidly  
– a functional, practical way to live an energised existence

