

FIVE KEYS TO WELL-BEING:
A way to Practical Spirituality: Yoga and Well-being



90 Min WORKSHOPS
Includes Book and CD
No experience of Yoga required

by JOHANN KOTZE

www.yoga.za.net

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Johann is a yoga teacher, therapist, well-being motivational speaker, counsellor, -consultant and author of *Five Keys to Well-being*.

The *Five Keys to Well-being* Presentations and Workshops feature the powerful and empowering body-mind-spirit principles of the yoga system. Johann's programme address the physical and mental roots of well-being by developing an awareness and understanding of what well-being is, and how to achieve it with simple body-mind-spirit techniques.

The aim is to provide focus and clarity of mind combined with physical ease to perform any task with effortless power.

The *Five Keys to Well-being* programme views health as a positive condition of the physical, mental and emotional aspects of the being, and that it is rooted in the holistic integration of the physical being (good posture, effective breathing and whole-body mobility, stress release, diet and nutrition), and affected by the mind and spirit (emotional and mental attitudes).

Johann works at the Rustenburg Hydro, Stellenbosch and consults privately.

THE *Five Keys to Well-being* PROMOTES:

Productivity by producing high levels of mental focus and physical vitality
A vibrant quality that enhances leisure time
Management of stress levels by releasing the mental patterns that causes stress and body stress
An attractive appearance and poise
Creative, positive thinking
Connecting with the passions that drives success
Ease and accuracy of communication

A *Five Keys to Well-being* PRESENTATION AND WORKSHOP WILL BENEFIT:

Anyone interested in maximizing their potential
Therapists and their clients
Sport and leisure (for the fitness industry)
Corporations

Yoga students and teachers
Well-being enthusiasts
Anyone interested in learning about yoga principles

The *Five Keys to Well-being* Technique teaches effective use of the body and mind for peak performance of both. It is a simple technique that can be learned in a single session or 90 minute workshop, and once learned, utilized forever.

Principles of good **posture**, effective **breathing**, effective **stretching**, **meditation** and **relaxation** are combined in a **Body-Mind-Spirit** Well-being programme that guarantees lasting health and attainment of personal and professional goals.

The *Five Keys to Well-being* Technique will revolutionize the way you move, breathe, think and act. It is an effective make-over of everything you are: you will walk and sit with more poise and elegance, be calm and collect under any circumstance, and have agile power of body and mind when you need it.

THE *Five Keys to Well-being* TECHNIQUE IS SO EFFECTIVE BECAUSE:

Good **posture** aligns the body and releases physical, mental and emotional stress patterns. An effective **breath** releases tension and energizes the entire system at once. Deep **stretch** methods releases deep tension and ensures supple strength. Simple meditation creates the ability to **focus**, especially during trying times and **relaxation**, a most important aspect of coping with stress and difficulty.

Efficient breathing and a simple breath technique is the most effective tool to manage stress, release anger, resentment and other negative emotions, have good relationships, increase energy and vitality and clarity of thought.

WORKSHOP OPTION A
- YOGA AND WELL-BEING FOR ALL:

The *Five Keys to Well-being* Technique is an ideal introduction to the principles that make Yoga such an effective and comprehensive system without the difficult physical positions of its image as a system of great gymnastic ability. As a body-mind-spirit technique it shows that it is possible to attain a spiritual connection with life itself without the esoteric or religious connotations and detail of yoga's vast philosophy and metaphysics.

WORKSHOP OPTION B
YOGA AND WELL-BEING FOR YOGA TEACHERS:
RADIATE YOGA

The *Five Keys to Well-being* Technique is a reminder that Yoga is not exclusive, and that its timeless principles may be taught and, especially, should be made accessible to all and applied to every facet of ordinary living. Its well-being, body-mind-spirit principles should be in touch and placed in context with the needs of society as it is, without compromising any of its aspects. Modern life is an often hectic and confusing, uncertain place for many,

and yoga should be adapted and applied in as broad a spectrum as possible to bring peace and consciousness to as many as possible.

The *Five Keys to Well-being* Technique reminds that Yoga can be a therapeutic, healing tool for anyone regardless of their physical ability or interest. The system focus on easy ways to bring effective breathing, posture, mobility, relaxation and meditation to friends, family and co-workers, inspiring and motivating them to make well-being, and not necessarily yoga, a lifestyle orientation.

Living the example of a disciplined, compassionate being begins by showing kindness to yourself, by truly understanding yoga and applying it to your unique personality and teaching environment ... radiating the light of yoga with a subtle, but powerful energy of your being as a teacher by simply holding your own space.

CONTACT JOHANN

082 7335939

johann@yoga.za.net

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