

In the Spirit of Yoga

Teaching Programme, Books and CD's

by Johann Kotze



www.yoga.za.net

INTRODUCTION

ABOUT IN THE SPIRIT OF YOGA

In the Spirit of Yoga teaching programmes, books and CD's are authored and taught by Johann Kotze. The cornerstones of yoga practices and classic body-mind techniques are applied in accessible-to-all presentations for non-yoga practitioners or advanced yoga teaching. The *Five Keys to Well-being* book/CD and workshop programme constitute the basis of the system, and promotes vital aspects of health care that will enhance all fitness-, sports- and corporate training programmes and yoga practice.

The powerful and empowering body-mind-spirit principles of the yoga system encourages well-being, defined as health of the physical, mental and emotional being, by instilling an awareness and understanding of the importance of:

- * Good posture.
- * Effective breathing.
- * Whole-body mobility.
- * Stress release and relaxation.
- * Body-mind-spirit lifestyle orientation including aspects of meditation, diet and nutrition.

These principles are established through awareness, physical exercises, meditation and realistic lifestyle changes that are simple to understand and practice. Performance in all facets of life is enhanced by practice of anyone or more of these principles.

All well-being problems may be traced back to poor posture, breathing, mobility and attitude. True healing may only be possible when we adhere to the laws of nature, and align to the natural flow of its life-force energy, the most effective and satisfactory way of attaining health and personal empowerment. *In the Spirit of Yoga* therefore addresses body, mind and spirit in its drive to transform the physical, mental and spiritual aspects of being to achieve health and optimum performance.

IN THE SPIRIT OF YOGA FOR A DIVERSE AUDIENCE

"Yoga has been much hyped in recent years for its body-shaping capabilities, has become a torch-bearer for the well-being industry, constitutes the basis of many body-mind-spirit philosophies and the visually striking supple power, energy and serenity of yoga poses enjoy an almost iconic status in advertising."

– *Five Keys to Well-being*.

NON-YOGA PRACTITIONERS may benefit from a simplified jargon- and dogma free teaching-style:

- * Individuals interested in well-being.
- * Corporate business wishing to increase health, stress release and productivity at the workplace.
- * Sports persons wishing to increase their performance levels and minimize the risk of injury.
- * Sports facilities wishing to implement sound principles of well-being.
- * Eco-adventure or spiritual quest tourism business wanting to include yoga in their programmes.
- * Institutions of learning dedicated to add a holistic angle to education.
- * Institutions or individual's interested in or teaching spirituality and conservation.
- * Institutions or individuals interested in or teaching spirituality and creativity.

YOGA AND WELL-BEING PRACTITIONERS may benefit from the insights and deep understanding of yogic philosophy and its application to achieve higher levels of personal well-being and professional practice:

- * Yoga practitioners from any style or level.
- * Therapists and healers.
- * Health spas and the skin-care and beauty industry.

TEACHING PROGRAMMES

- * *Five Keys to Well-being* – Workshops promoting the principles of yoga as a means to increased well-being in all walks of life.
- * Yoga Intensives – Retreats delving into a deeper understand of yoga and the healing power of yoga.
- * Yoga Teaching – Group classes and One-on-one instruction.
- * Yoga therapy – Individual remedial yoga.
- * Meditation and stress release – A simple mind and breath technique to make meditation a powerful force in your life. Meditative relaxation is an effective way to achieve stress release.
- * Yoga talks – on Yoga and Well-being.

BOOKS, CD'S AND DVD'S

A series of books, CD's and DVD's that form a mutually enhancing unit. Each volume may also be used individually. Yoga and all its practices, its philosophy, metaphysics, physiology, anatomy and healing powers are further explored in a comprehensive master book, *In the Spirit of Yoga*. (Series to be released throughout 2006 and 2007).

Volume 1: *Five Keys to Well-being* – Book and Audio CD

Volume 2: *Relaxation and Rejuvenation* – Audio CD and booklet

Volume 3: *Stress release and management* – Audio CD and booklet

Volume 4: *Meditation: inspiration and implementation* – Audio CD and booklet

Volume 5: *Asanas: Yoga exercises* – DVD and booklet

Volume 6: *In the Spirit of Yoga* – full length book

ABOUT JOHANN AND HIS STYLE OF YOGA

In the Spirit of Yoga has been largely influenced by Sivananda and Integral yoga, a therapeutic style of yoga that integrates all aspects of yoga, asana, breathing, relaxation, meditation, pranayama, and care of the body (including nutrition) in a practical, accessible and spiritually aware system.

Johann has a passion for yoga and music and has been professionally involved in both fields since 1992. He promotes yoga as a lifestyle, adapted to suit the practicing individual's temperament, ability and need, and not to meet a specific yogic, physical or spiritual ideal. The focus is on holistic well-being rather than gymnastic feats, and its spirituality is free of religion or dogma. In this sense the spirit and universal principles of yoga are ideal "to experience the body, mind and spirit in harmony with the world, and to discover the blessings of an aware, conscious human being".

As a versatile instructor, therapist and public speaker Johann is comfortable conducting large or small group classes, workshops, talks and individual sessions of yoga or yoga-therapy to new students, beginners and intermediate level practitioners alike.

Yoga sessions range from athletic, fitness and strength training to a gentle meditative experience of yoga, depending on the requirements of the group. All sessions aim to inspire and empower students with the necessary skills to implement yoga as a means to achieve personal well-being and transformation through increased body-mind-spirit self-awareness.

Johann's healing work is influenced by traditional remedial yoga, meditation, body-energy work including use of massage-, pressure point-, thai massage-, aromatherapy- and reflexology techniques, energy work (Johann has been a Reiki master since 1997) and motivational counseling.

"Truly understanding yoga, and sustained, regular, mindful practice is far more important than knowing hundreds of poses and their names. Few people respond positively to very strict training regimes, and few are truly fastidious or are able to take up advanced yoga practices, but everybody can, and should, benefit from the basic principles of the yoga system."

J.K.

TEACHING PROGRAMMES

FIVE KEYS TO WELL-BEING WORKSHOPS

A 1 and a 1/2 - to 6 hour body-mind-spirit seminar-workshop based on the principles of the *Five Keys to Well-being*. Designed to correct posture, teach effective breathing, increase mobility, and install relaxation, meditation and other lifestyle skills for increased productivity and stress release for enhanced physical and mental performance. Combines theory and practice to illustrate the value of personal well-being. The whole being is restructured and rapidly transformed, promoting youthfulness, poise and grace.

This programme is adapted and improvised upon to best suit the character of the client.

GYMNASIUMS/SPORTS

The *Five Keys to Well-being* principles improves performance on all levels and facets of training. It can be applied by personal trainers, fitness instructors, amateur or professional sports trainers and trainees and ordinary gym goers and casual exercisers alike.

CORPORATE CLIENTS

Groups of any size. The focus is on acquiring powerful tools to achieve greater ease of body, mental clarity and to acquire skills for stress release, increasing productivity:

- * Promotes personal well-being and vitality in the work environment.
- * Improves concentration and the ability to focus for long periods.
- * Improves the ability to recognize and release stress.

An ideal team-building getaway when conducted at a spa or suitable conference centre with a previous evening stay-over.

SMALL GROUPS OF NON-, BEGINNER- OR INTERMEDIATE YOGA PRACTITIONERS

5 – 15 participants. The basic principles of yoga are made clear to beginner practitioners or those who wish to increase their understanding of the basis of the yoga system.

ONE-ON-ONE INTENSIVE

An extended individualized personal yoga training session. The application is part treatment, resulting in a therapeutic, transformative experience. Principles are taught and applied, and not merely shown. The client receives an individual training programme and motivation for its implementation.

THE PROGRAMME

Part 1 – Assessment

A brief look at the client's lifestyle, diet and attitude to life. Establishes the physical, emotional and mental needs of the client to establish a programme that can be implemented after the course.

For larger groups: The assessment is replaced by a general introductory talk, question and answer and general application of the principles of well-being to suit the demographics and needs of the group.

Part 2 – Posture

Understanding the role of posture on mobility, breathing, the mind and emotions and how to improve posture through awareness and simple exercises.

Part 3 – Breathing

How to breathe effectively, and how to use the breath for increased mental focus, enhanced physical performance and stress release.

Part 4 – Mobility

A simple exercise routine for increased mobility, better posture and more effective breathing.

Part 5 – Stress release & relaxation

Techniques for stress release and relaxation, and improved posture and ease of breath.

Part 6 – Meditation

Learn to meditate, focus and clear the mind with meditative breathing- and awareness practices.

Part 7 – Body-mind-spirit principles and lifestyle

Brings the initial assessment and day's sessions into focus by distilling the new knowledge into personal wisdom. Inspires the establishment of a lifestyle-application of the principles learnt.

Part 8 – A practical session

A session that integrates the above principles, carefully structured to meet the ability and needs of the client.

YOGA INTENSIVES

Intensives include theory and physical instruction. For yoga practitioners and those in the health profession who wish to increase their understanding of yoga and its healing powers.

Learn more about yogic anatomy and physiology based on an understanding of prana, the chakra- and nervous systems, and the various energy bodies. Learn to function in the world as a successful physical and spiritual being; how to find inner peace while achieving outer success by embracing Spirit Self and the Spirit Source through contemplation, study, inspiration and meditation. Learn simple self-healing techniques and how to assist others in healing by making a commitment to become a spiritual being with a love of life in everything you do, at work and at play.

Asana, meditation, breathing practices and relaxation sessions at the start, during and at the close of day.

Module 1 – Yoga and Well-being and yogic anatomy, physiology and metaphysics.

The principles of integral yoga and integrated lifestyle yoga practice based on the *Five Keys to Well-being* workshops. Yogic anatomy, physiology and metaphysics.

Module 2 – Advanced Yoga

Advanced asana, pranayama, meditation and other yogic practices and philosophy as a dedicated means to evolve spirituality and achieve self-realization.

Module 3 – Healing

Applying remedial yoga, spirituality and consciousness through self-awareness. Connecting with nature and creativity as a powerful force to facilitate personal healing. Developing the ability to facilitate healing in others.

THREE DAY RETREAT

A three-day retreat. The three modules are stretched out over three days, one module per day with plenty of time for practice and assimilation.

TWO DAY RETREAT

A two-day retreat. The three modules fitted into two days with time for practice and assimilation. Ideal retreat for a two night-two day weekend, i.e. Friday evening to Sunday afternoon.

A ONE DAY SESSION

All three modules presented in a three sessions of one hour theory and one hour practical (6 hours total).

YOGA INSTRUCTION

GROUP YOGA CLASSES

One hour or longer sessions of integral yoga. Classes are adapted to accommodate the needs and ability of the group. Styles range from athletic, fitness and strength training to a gentle meditative experience of yoga and personal health. Extend of meditation and spirituality depends on the teaching environment and interest of the group.

ONE-ON-ONE PERSONAL YOGA INSTRUCTION

One hour or longer sessions of personal training adopted to suit the individual's need. Beginner instruction to rigorous, advanced training is accommodated.

MEDITATION AND STRESS RELEASE

Achieve a clear mind, focus, effortless action and stress release!

All aspects of well-being are affected by the mind and emotional and mental attitudes. Learn how to develop a positive, uncluttered, focussed mind, emotional intelligence and practical spirituality with simple visualization, awareness and breathing techniques that are quickly learned. The technique is usually practiced in specific lying down relaxation- and sitting positions, but be can effectively applied anywhere, anytime.

Mental hygiene is a vital aspect of all holistic well-being practices. Deep meditation forms the cornerstone of all spiritual practices. Spiritual consciousness is important to the well-being of the individual and society. Meditation include insight into and understanding of the energetic-vibrational aspects of modern quantum healing modalities.

YOGA THERAPY

ONE-ON-ONE

One-on-one therapy is based on a traditional remedial yoga and influenced by use of massage-, pressure point-, thai massage-, aromatherapy- and reflexology techniques, energy work and motivational counseling.

TALKS

YOGA AND WELL-BEING

Informative, inspiring and entertaining 45 to 60 minute presentations of yoga and well-being based on the *Five Keys to Well-being* book. The talks are informal and adapted to suit the interest and demographics of the audience. It aims to motivate and challenge the audience to:

- * accept self-responsibility for their health and happiness by
- * taking care of their bodies and minds through
- * life-style changes that facilitates well-being by including
- * the enjoyment of energizing movement, breathing and good posture for
- * improved stress release
- * and personal growth through meditation for
- * increased self-awareness to facilitate
- * a healthier lifestyle and a positive attitude to life itself

VENUES, AVAILABILITY, FEES AND CONTACT

VENUES

Johann is available for teaching nationally and internationally.

Courses or classes can be presented in gymnasiums, conference centres, spas, retreats and private residences, depending on the number of attendants and the profile of the group.

Johann works in Stellenbosch from the Yoga and Well-being Studio, a small, intimate venue suitable for small workshops and personal training. Stellenbosch is a picturesque, historical town and a popular tourist destination, and offer access to an abundance of scenic drives, spectacular natural beauty and outdoor activities.

FEES

Please contact Johann.

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