



GURUGIAN

YOGA KENNIS

# KUNDALINI YOGA COACHING LEVEL 1 INTERNATIONAL TRAINING

[www.gurugian.nl](http://www.gurugian.nl) • [info@gurugian.nl](mailto:info@gurugian.nl)

## FOR EVERYONE WHO:

- WANTS TO AMP UP AND DEEPEN THEIR OWN YOGA PRACTICE WITH MORE JOY, SATISFACTION AND RESULTS
  - WANTS TO GIVE THEIR OWN SPIRITUAL DEVELOPMENT A BOOST
  - WANTS TO BUILD AN EFFECTIVE DAILY YOGA AND MEDITATION PRACTICE
- WANTS TO LEARN AN INCREDIBLY EFFECTIVE, SOLID AND PROFOUND METHOD FOR COACHING OTHERS DEEPLY TO DO THE SAME, USING YOGA AS THE VEHICLE
  - WANTS TO MAKE THIS WORLD A BETTER A PLACE!

## THE GOAL OF THIS COACHING TRAINING IS TWOFOLD;\*

Are you someone with the innate drive to live their full potential? Do you derive intense satisfaction from sharing this passion with others and moving them to do the same? Then the Kundalini Yoga Coaching training is for you.

People are hungry for transformation. The swift changes in the world, coupled with our expanded sensitivity make for turbulent times. We are not equipped to navigate our way through them. The regular practice of yoga and meditation is one the most effective techniques to rely on and so the need for yoga coaching continues to increase at a rapid pace. Moreover, teaching and coaching others is intensely satisfying and one of the best way to develop and grow oneself.

1. to motivate and coach yourself into successfully completing a 40/90 days yoga, meditation and self-coaching practice and making some steps forward in life.
2. to learn specific coaching skills and techniques as well as yoga and meditation exercises, to coach others into a regular yoga practice and into living up to their full potential and to help them to move through physical, emotional and mental blocks.

\* The KYC Training Level 2 continues with coaching students into answering life questions, discovering your own life purpose and those of your clients, and specific yoga, meditation and affirmation exercises to be successful and happy in daily life.

*"IF YOU WANT TO LEARN SOMETHING, READ ABOUT IT.  
IF YOU WANT TO UNDERSTAND SOMETHING, WRITE ABOUT IT.  
IF YOU WANT TO MASTER SOMETHING, TEACH IT."*

- YOGI BHAJAN -



## PERSONAL TRANSFORMATION

In this professional training program, you will not only learn how to transform other people's lives with powerful yoga techniques and coaching skills. But, just imagine what this will do for you and your life to immerse yourself in learning and living these principles and techniques for more than 40 days. This in itself will leave you having grown, transformed and more enlightened. Both as a Yoga Coach and a human being!

### In the level 1 training you will learn:

Spiritual Coaching with Kundalini Yoga and Meditation

1. Build your own practice so that you know and stay connected with who you are and have the energy to do what you want.
2. Become your own coach so that you always speak positively to yourself and are not held back by your inner critic.
3. A tried and tested intake process so your clients will love to work with you.
4. A wide array of yoga and meditation exercises so that you are comfortable addressing every kind of problem.
5. Professional coaching skills, so you will be able to give a coaching session with ease and confidence.
6. Enlarge your electromagnetic field, so that you can coach effortlessly and with self-esteem.
7. To build a relationship with your own infinity so your life will work!
8. The essence of Kundalini Yoga so you know what you do, what the effect is and what kriya and meditation you can do or apply best.

*BECOME ONE OF THE NEXT GENERATION  
YOGA COACHES!*



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# PROGRAM

## DURATION OF TRAINING:

Over 40 days (it takes at least 40 days of daily yoga practice to change a habit).

**Start:** February 7th, 2018 - **End:** April 15th, 2018

## WEEK 1 - The essence of Kundalini Yoga Coaching\*

### THEMES & SKILLS:

- Essence of Kundalini Yoga/Meditation & Kundalini Yoga Coaching
- Kundalini Yoga & Meditation principles
- Coaching principles
- Basic yoga exercises, kriyas and meditations for coaching questions
- Commitment & 40/90 days process & taking 100% responsibility
- Yoga vision & motivation to start
- Kundalini Yoga Coaching intake: templates & goal setting
- The spirit of a yoga coach
- Yogic coaching questioning & listening techniques
- Building and customizing a Sadhana
- How Kundalini Yoga Coaching actually works?

## WEEK 2 - Breaking through blocks with Kundalini Yoga coaching\*

### THEMES & SKILLS:

- Breaking through/ dealing with blocks: physical, emotional, mental and spiritual
- Raising self-esteem and confidence (for yourself as a coach, as well as for your client)
- Positive coaching: recovering from setbacks, coaching skills for a breakthrough experience
- Acknowledging and appreciation of progress
- Keeping up & perseverance
- Advanced yogic exercises, kriyas and meditations
- How to develop & sustain commitment in a coaching relationship
- Specific coaching questions & techniques to release emotions
- Developing and using intuition, neutral mind in yoga coaching & compassion
- Examination
- Continuing your personal Sadhana
- Building your successful yoga coaching practice/ business



During the training, you will be motivated to start your yoga coaching practice straight away. Training days consist of practicing yoga and meditation, experiential teaching of the themes and skills and bringing yoga and coaching skills into practice.

After successfully completing the training program, you will obtain a Kundalini Yoga Coach Level 1 certificate.

### **Methodology:**

- Mainly Kundalini Yoga as taught by Yogi Bajan, exercises and practices of Hatha tradition and Yin Yoga
- Focus on regular practice of yoga and meditation (40, 90, 120, 1000 days)
- Humanistic, positive, inspiring coaching qualifications

### **Study material:**

- KYC Training manual
- KYC Kriyas & Meditation manual

\* Including daily Aquarian Sadhana (in total 4-6 hours of Kundalini Yoga & Meditation per day)



### **The Lead Trainer**

Guru Gian (Jasper Kok) has over 15 years of experience with meditation and yoga as a Kundalini Yoga Teacher and certified Yoga Therapist/Coach. He has coached hundreds of people into a daily practice of yoga. People that are being or were coached by Jasper experience great personal growth and transformation and have a more balanced and positive life. Jasper has successfully treated students with burnout, stress, restlessness, anxiety, Parkinson and back problems. He is a natural born teacher, fully dedicated to seeing and awakening people's potential. His mission is to empower and inspire people to do daily yoga and meditation for inner strength, joy, purpose and prosperity.

### **The Assistant Trainer / organizer**

Prem Shakti (Humita Kanhai), has over 10 years of experience with meditation and yoga. She is responsible for adding the 'Happiness' to the curriculum of high schools in The Netherlands. Happiness is a combination of Kundalini Yoga, meditation, mindfulness and coaching, adjusted to level of acceptance of the high school students. Because of her Indian roots, the interest for spirituality started at a very young age. Even when she was working as a businesswoman in the media for years, yoga and meditation is where she always started her day with. Her goal is to build the bridge between the different worlds and to make the world a more loving place!

# PRACTICAL INFORMATION

## Location

Dopersduin, Schoorl  
Netherlands  
[www.dopersduin.nl](http://www.dopersduin.nl)

## Week 1

February 7th (17.00h) –  
February 12th (17.00h) 2018

## Week 2

April 11th (17.00h) –  
April 15th (17.00h) 2018

## Investment

The costs for the Kundalini Yoga Coaching International Training Level 1 are € 1.500,- and include:

- Training costs
- Registration and deposit
- Study material
- Accommodation
- Ecological and vegetarian breakfast, lunch and dinner
- Tea

## Payment options

- € 1.500,- when paid before September 15th, 2017
- € 1.650,- when paid before January 15th, 2018
- € 1.750,- when paid after January 15th, 2018

## Registration

Please send an e-mail with your name, address, date of birth and a brief motivation to [info@gurugian.nl](mailto:info@gurugian.nl)

## Maximum of 25 participants!

*"The Training was an incredible journey with great people. Jasper is an inspiring teacher, compassionate, powerful and light. With the (self)coaching tools & techniques I have experienced the power of commitment. Choosing to make a change and to show up for myself daily."*

Stephanie de Viso - Coach

*"The Training was absolutely amazing. Where I initially thought to learn how to coach others above all this training has taught me how to coach myself better. Not only with the help of coaching techniques, which you learn to apply directly, but also through the reflections of the other coaches whereas "a coach still needs a coach. In short, until today it has brought me lots of energy, inspiration and commitment to do what I like to do most."*

Franks Korsmit - Financial Director

## Information / contact

Gian Instituut - Jasper Kok (Guru Gian)  
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## Bank details

IBAN/ bank account number:  
NL04 ASNB 0708 8974 60  
Name account holder: J. Kok

Details for international money transfer:  
BIC/SWIFT code: ASBNL21