



# GURUGIAN

YOGIC WISDOM

## KUNDALINI YOGA COACHING

LEVEL 1 INTERNATIONAL TRAINING

Germany

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



This training is  
CRKBO-certified

### FOR EVERYONE WHO:

- wants to deepen their kundalini yoga practice
- wants to give their own spiritual development a boost
- wants to learn an incredible effective, solid and profound method for coaching self and others using yoga and meditation as a tool
- wants to develop a win-win mindset and business skills

Are you someone with the innate desire to live your 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 of the most effective ways to build and develop your capacity to deal with the coming times. The demand for yoga coaching privately and in business is growing at a rapid pace. Moreover, teaching and coaching others is intensely satisfying and one of the best way to develop and grow oneself.

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

- 1.** to motivate and coach yourself into successfully completing a 40/90 days yoga, meditation and self-coaching practice and making some major 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.
- 3.** to develop an abundance mentality, win-win mindset and business skills.

*"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. Develop an abundance mentality and win-win attitude and business skills.
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:

**Week 1:** Januar 5th - Januar 9th - 2019

**Week 2:** March 6th - March 10th - 2019

## 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
- Kundalini Yoga Coaching intake: templates & goal setting
- The spirit of a yoga coach
- Yogic coaching questioning & listening techniques
- Building and customizing a Sadhana
- Understanding the business and economic aspect of yoga
- Develop a win-win mentality

## 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 Bhajan, 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)

\* Coaching book



### **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. As a former economic advisor, Jasper coaches now also many coaches, therapists, healers how to grow their business. 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**

Ardas Kaur loves to teach Kundalini Yoga, because she finds in it the greatest tools to reach out to her students to support them in their unique way of discovering their greatest gifts which so often can be found in the wounds of the heart. She is a KRI certified Kundalini Yoga Teacher Trainer, Karam Kriya Consultant and Yoga Coach. Numbers guide her throughout her life, when teaching and counseling. She is also a Pregnancy Yoga Teacher Trainer, specialized in Postnatal Yoga, a Family Therapist and Doula.

### **EXTRA: life long access to Guru Gian's online Kundalini Yoga learning environment.**

You will also receive life-long access to the Kundalini Yoga Club: an online learning environment by Guru Gian.

# PRACTICAL INFORMATION

## Location

Seminarhaus Stolzenhagen GmbH  
[www.seminarhaus-stolzenhagen.de](http://www.seminarhaus-stolzenhagen.de)

## Week 1

Januar 5th (17.00h) –  
Januar 9th (17.00h) 2019

## Week 2

March 6th (17.00h) –  
March 10th (17.00h) 2019

## Investment

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

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

## Payment options

- € 1.500,- when paid before October 1st, 2018
- € 1.650,- when paid before December 1st, 2018
- € 1.750,- when paid after December 1st, 2018

## Registration

Please register online at  
[www.gurugian.nl/international-training](http://www.gurugian.nl/international-training)

## Maximum of 25 participants!

## Information / contact

Gian Instituut - Jasper Kok (Guru Gian)  
[info@gurugian.nl](mailto:info@gurugian.nl)  
[www.gurugian.nl/international-training](http://www.gurugian.nl/international-training)  
+31 (0)6 – 16 82 99 81

## Bank details

IBAN/ bank account number:  
NL 90 ASNB 07 06 772 873  
Name account holder: Gian Instituut  
  
Details for international money transfer:  
BIC/SWIFT code: ASNBNL21

*"This was really worth the time and money spent. I learned so much. I have more clients than before. I feel more secure in what I am doing. Jasper is a person you can easily connect to. He is always there for you. It was a perfect time!"*

Simone Tontsch - Kundalini Yoga  
Teacher & Coach (Germany)

*"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."*

Frank Korsmit - Financial Director