



## **Hot Yoga Evolution with Tomasz Goetel**

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Master Classes and Workshops

## ➤ Hot Yoga Evolution Master Classes

### **Hot Yoga 'Structure'**

*The Foundation*

Beginner-friendly, all levels

90' class + 30' Q&A (Questions and Answers)

### **Hot Yoga 'Variations'**

*The Creative Exploration*

For all levels, Experienced Beginner to ultra-advanced

90' class + 30' Q&A (Questions and Answers)

### **Hot Vinyasa + Backbends**

*Awaken the Prana*

For all levels, challenging - Courageous Beginner to Ultra-advanced

90' class + 30' Q&A

**Hot Vinyasa + Hip-openers**

*Create New Space*

For all levels, challenging - Courageous Beginner to Ultra-advanced

90' class + 30' Q&A

**Hot Yoga Advanced Class**

*Beyond Limits*

Experienced Beginner to Ultra-advanced; not for Brand-new Beginners

Similar class to Bikram Advanced, Barkan Method Level II/III, Tony Sanchez Yoga Challenge III, Classic 84 Asanas

120' class

➤ **Hot Yoga Evolution Workshops**  
**for Students (all levels), Teachers and Studio Owners**

**Hot Yoga - History, Background and Secrets**

*90', slide-show, open discussion*

**Hot Yoga – The Principles of Practice That Teachers Don't Teach**

*90', slide-show, open discussion, includes light asana practice*

**Hot Yoga – Signature Postures: Precision Techniques, Modifications, Common Mistakes and How to Fix Them**

*90', includes light asana practice*

**Hot Yoga – The Missing Chapters – 5 Aspects of Hatha Yoga (Asana, Pranayama, Mudra, Kriya, Bandha) – Tantra vs. Patanjali 8 Limb Path, a No-nonsense Approach to Living Your Yoga**

*90' and beyond, includes light asana practice*

**Yoga – The Psychology of 7 Chakras – How to Understand and Incorporate the Energy Centers /  
Modern Yogi Development**

*90', slide-show, open discussion*

## ➤ **Hot Yoga Evolution Workshops for Students (Advanced), Teachers and Studio Owners**

### **(1) Hot Yoga Evolution: Beyond Traditional Hot Yoga**

How to get out of the “traditional” 26-posture sequence with alternative sequences: hip-openers, backbends, leg-stretching, lotus-series, twists, inversions, quiet sitting

How to modify Hot Yoga postures to accommodate Students with limitations, pregnancy, injuries

Hot Yoga posture variations for fun and creative exploration

How to take the Hot Yoga practice to the next level: “Get out of the box” advanced keys and tricks

### **(2) Original Communication**

How to find the True Voice and teach from the Heart

How to go “beyond words”: body language, phrasing, demonstration

How to get results in a non-confrontational way

How to be interesting

How to teach in English to non-English speakers

How to inspire and help your Students grow

### **(3) Personal Attention**

How to successfully teach large Yoga classes AND connect with each Student individually

How to teach small classes and private sessions

How to teach Hot Yoga and help people heal

### **(4) The Art Of Correcting**

How to correct and encourage Students (it's not how you think!)

How to adjust in a confident and sensitive way

Hot Yoga Hands-On Adjustments

How to handle "difficult" Students and situations

### **(5) Exceptional Experience + Business of Hot Yoga**

How to teach Brand-New Beginners and have them join as members, the first day

How to teach multi-level Hot Yoga classes effectively, and make them grow larger and larger

How to make everyone happy (Yes, you can!); The Art of making Money

### **(6) Essentials of Heated Environment**

How to combine heat, humidity, air-flow and interior design for the best possible Hot Yoga experience

How hot is too hot, and what to do when it's not hot enough

## About Tomasz Goetel

Voted by his Students the "Funniest, Most Interesting Hot Yogi in Asia" - Tomasz Goetel, the founder of the Hot Yoga Evolution style, runs his Yoga studio in Phuket, Thailand. He is quickly becoming more popular, as he has an amazing ability to pass on his knowledge. Himself a student and former assistant to Jimmy Barkan, one of the most respected Hot Yoga teachers in the world, Tomasz has fine-tuned his yogic skills through his own practice and teaching experience.



Tomasz is well-known for his passionate, inspirational approach, and the light-hearted sense of humor. On top of that, he has a strong, personal Yoga practice and freely shares his abilities. He superbly connects with each Student. His classes and workshops are friendly to all levels of practitioners, from brand-new beginner to ultra-advanced.

Tomasz has been his own teacher since early days. When inspiration is needed, he looks up to Sri Paramahansa Yogananda, Eckhart Tolle, O.M. Aivanhov, Caroline Myss, and the ancient Persian poet, Rumi.

*Notes*