

# HOT YOGA IMMERSION

A 25-Hour Hot Yoga Training Course for \*All Levels\*

29 June - 4 July 2011 Koh Samui, Thailand with Tomasz Goetel

*"Experience Hot Yoga Like Never Before..."*

*"New Postures, Advanced Practices & a Powerful New Approach!"*



If you LOVE Hot Yoga but are frustrated with your practice or are ready for a new challenge, then the Hot Yoga Immersion Training course on Koh Samui might be just what you need to take your yoga to the next level!

Here's what this is about: Tomasz Goetel, owner/director of The Yoga House in Phuket is coming to Absolute Sanctuary to lead a very special course specifically designed to help you go deeper, gain strength and flexibility, and most of all, **experience maximum benefits** from your Hot Yoga practice.

There's **more to Hot Yoga than just 26 poses!** During this 5 day/5 night course, here's what you'll learn:

- **Fundamentals & Beyond** including how to move past "tricky poses," overcome injuries, and propel forward in yoga.
- **Upper Body Strength Poses** are the "missing link" in most Hot Yoga classes. Tomasz will teach you how Hot Yoga can be used for strength AND flexibility.
- **Adjustments & Alignment** are often the key to moving from a beginner to an intermediate and then on to an advanced practitioner. To understand your body is to understand your yoga practice. Tomasz will show you how small changes in positioning can make a HUGE difference in your practice.
- **Detoxify & Cleanse** your body through yoga AND nutrition. During three guest lecture workshops, Tomasz and his teaching team will show you foods that cleanse and foods that clog your system ... it's all about creating a new, energized you!

**NOTE:** This course is designed for all levels of students (beginners welcome).

## Who is Tomasz Goetel?

Tomasz Goetel is the founder of Hot Yoga Evolution, a revolutionary style that is fast gaining popularity. Tomasz runs his yoga studio from Phuket, Thailand, where he is well-known for his passionate, inspirational approach, and his light-hearted sense of humor.

Tomasz gained his yoga knowledge from Jimmy Barkan, one of the most respected Hot Yoga teachers in the world, and then fine-tuned his style through his own practice and teaching experience. He has a strong, personal yoga practice, and freely shares his abilities. He superbly connects with each student, which means that his classes and workshops are open to all levels of practitioners, from beginners to the ultra-advanced. Tomasz shares his unique skills through student workshops, and personal teacher coaching.

## Who is this Course Designed For?

This course is designed for Hot Yoga students and teachers who are ready for something new, ready to take their practice deeper and expand their knowledge. It's going to be a LOT of fun, but it'll be hard work too. Come prepared to learn, to sweat, to try new things, and support your fellow students.

*"Take Your Practice to the Next Level"*

**LEARN MORE NOW!**

**[www.HotYogaImmersion.com](http://www.HotYogaImmersion.com)**

