



Hot Yoga Evolution with Tomasz Goetel

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: humor, passion, dedication, inspiration, transformation
- How to go “beyond words”: body language, non-verbal instruction, 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 interview Students and follow-up before/after class
- How to talk about yourself, about yoga, and how to answer questions
- How to teach small classes and private sessions
- How to teach Hot Yoga to 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 problematic situations

(5) 'Exceptional Experience' + Business of Hot Yoga

- How to successfully teach large Yoga classes AND connect with each Student individually
- 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 the class-size grow
- Hot Yoga as a business
- How to make everyone happy (Yes, you can!)

(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, G.I. Gurdjieff, Caroline Myss, and the ancient Persian poet, Rumi.

Notes