

Tomasz Goetel – Yoga House Phuket

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Tomasz Goetel, RYT 200, is a Hot Yoga teacher who specializes in a “fitness” style of Yoga, where set sequences of Yoga postures and breathing exercises are practiced in a warm room.



He has been well-known for the unique way of connecting with each Student, rich in personal attention.

Tomasz's classes are challenging and fun; his approach is playful, strengthening and nurturing.

Tomasz received the Level 1 and Level 2/3 Advanced Hot Yoga certification from Jimmy Barkan's Method of Hot Yoga in Ft. Lauderdale, Florida.

During his time around Jimmy Barkan, Tomasz has been teaching at Jimmy's successful South Florida studios. He assisted at several Hot Yoga teacher training programs and continues to support Jimmy in The Barkan Method Hot Yoga marketing.

After having taught Hot Yoga in Florida, Tomasz was invited to Thailand and introduced many new Students to Yoga at Bliss Hot Yoga studio at Central Festival Phuket.

In March 2008, Tomasz opened his own Hot Yoga room in Phuket. This successful studio offers daily group classes and private Yoga instruction.



"To love what you do and feel that it matters - how could anything be more fun?"

FOR STUDIO OWNERS/YOGA TEACHERS:

Tomasz is available to teach Hot Yoga workshops and support Teacher Training programs. He also offers Yoga personal Teacher mentoring / coaching.

Tomasz's interests, passion and skill are in the following subjects:

- **Hot Yoga, Hot Vinyasa and Advanced Hot Yoga Level II/III:** Classes and Posture Clinics. *Workshops for Students/Teachers, any style of Hot Yoga.*
- **Hot Yoga:** posture variations and modifications for Students with injuries/limitations; hands-on adjustments. *Workshops for Teachers and Advanced Students, any style of Hot Yoga.*
- **Teaching Hot Yoga:** "Original Communication (1) " skills, "Personal Attention (2) " teaching techniques, "Exceptional Experience (3) " skills, Essentials of Heated Environment (4). *Workshops/Consultation for Teachers/Studio Owners.*

Please read more below.

Some key concepts:

(1): "Original Communication":

How to go "beyond words" when teaching class. How to get results in a non-confrontational way. How to get out of the "monologue dialogue" and be interesting. How to teach in English to non-English speakers. How to inspire and help your Students grow.

(2): "Personal Attention":

How to successfully teach large Yoga classes AND connect with each Student individually. How to correct and adjust your Students properly. How to teach Hot Yoga and help people heal. How to handle "difficult" Students and situations.

(3): "Exceptional Experience":

How to teach Brand-New Beginners and have them join as members the first day. How to teach multi-level Hot Yoga classes. How to make everyone happy.

(4): "Essentials of Heated Environment":

How to combine heat, humidity and air-flow for the best possible Hot Yoga experience. How hot is too hot and when is it not hot enough.



Tomasz's Hot Yoga Certification:

---Barkan Method Hot Yoga, Level I, 200-hours, recognized by the Yoga Alliance, (Jimmy Barkan, Florida, USA), class of 2004.

---Barkan Method Hot Yoga Level II/III Advanced Class and Hot Vinyasa, recognized by the Yoga Alliance, (Jimmy Barkan, Florida, USA), class of 2005.



---Yoga Alliance RYT 200.

Above: Tomasz and Jimmy Barkan, Florida 2004.