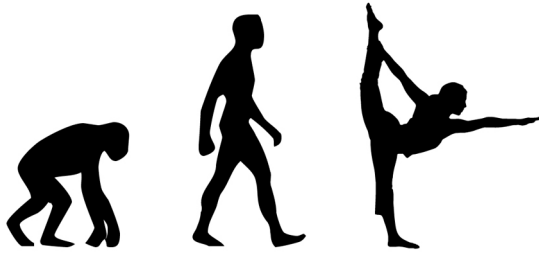


# HOT YOGA EVOLUTION



Hot Yoga Evolution with Tomasz Goetel

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(at Baan Wana Pool Villas, on the main road,  
Chergtalay, Phuket)

## Breathe out, the Year of Ox – breath in, the Year Of Tiger!

You may have noticed already, that our Hot Yoga will now carry a new logo (look above) and a new name. Some of you have been asking about this, here's what's happening:

This year, we are dedicated to creating a real transformation in our lifestyle! I'd like to invite you to join me in the process: we call it the Hot Yoga Evolution.

To understand the idea of evolution, let's look at other kingdoms first:

In the mineral world, rock changes its structure to evolve into crystal. Some carbons, under heat and pressure, evolve into diamonds.

In the plant kingdom, look at the evolution of a seed into flower.

In the animal kingdom, reptiles over time grow wings and turn into birds – defying the force of gravity.

The purpose of the “Hot Yoga evolution” that we're talking about is your own Personal Transformation. Hot Yoga is the tool. As we dedicate ourselves to a consistent practice, good changes begin to happen.

You become stronger: carry your own weight (and the weight of the world) easier.

You become lighter – your energy levels increase and you're no longer tired half way through the day.

You become more at peace with yourself and others around you – sleep better, love more, enjoy the equanimity, even in difficult times.

You detox through the sweating, improve circulation – your health level goes up, allergies fall away, chronic pain drops away, many common discomforts are solved...

The word “Yoga”, in the old-school Hindu language, means “union”. Union is about connecting, what is separate and disconnected – becomes whole, as it is meant to be!

As we “open” our bodies through the Hot Yoga practice, we open ourselves up to new possibilities. And in that particular concept: the new possibilities – the Hot Yoga Evolution is fulfilled. Our own human, personal evolution (revolution!) is fulfilled, when we become aware of the CONNECTION we all share – connected to our true self, connected to Nature, connected to each other... That's the Evolution!

Please remember our web site: [www.hotyogaphuket.com](http://www.hotyogaphuket.com) for all the info about schedule, membership prices and all other information.

**Take a look below at what's coming in the near future:**





**Hot Yoga  
Luxury Vacation**


Phuket, Thailand  
2nd-8th May 2010

[Learn more](#)

**5** Luxury  
Five Days

The banner features a man and a woman in a yoga pose on a beach. The man is shirtless and wearing blue shorts, while the woman is wearing a yellow top. They are both in a similar pose, with one arm extended forward. The background shows a blue sky and ocean.

<http://www.hotyogaphuket.com/evolution>



**Hot Yoga Immersion**

29 June - 4 July. Koh Samui, Thailand

"Take your **Hot Yoga** practice to the next level... 5 day/5 night intensive for teachers and students who want to go beyond the commonly-known 26 Hot Yoga poses and **unlock their true potential!**"

**ABSOLUTE SANCTUARY**  
Beginners Welcome!

The banner features a man in a yoga pose on the left. The background is green and white. The text is in white and black. There is a logo for Absolute Sanctuary on the right, which includes a green silhouette of a person in a yoga pose and a pink star.

<http://www.hotyogaimmersion.com>

**FEBRUARY / MARCH SPECIAL:**

"Unlimited Evenings"  
as low as 2,000 THB / month



If you have any questions or suggestions, please simply reply to this email or call Tomasz directly at 085-889-1580.

Best wishes from Tomasz, Sussi and K. Nipa.