

Breath Walk



Personal Intensive & Instructor Training

Training Provider

Kundalini Yoga in the Loop
410 S Michigan Ave Suite 514
Chicago, IL 60605 USA
(312) 922-4699
www.ShaktaKaur.com

Locations & Dates

Pittsburgh, PA

Level 1 - April 28-29, 2012

Level 2 - August 4-5, 2012

**To arrange a training in your city,
contact Shakta at (312) 922-4699
or breathwalk@shaktakaur.com**

You receive everything needed to start
using or teaching Breathwalk ...

- *Thorough instruction in the Five Components of Breathwalk.*
- *Text Book, Illustrated Program Guide and Home Study Guide.*
- *An understanding of Class Design and Marketing for varying populations and environments.*
- *Success strategies for both you and your students.*

Level 1 Personal Intensive, \$250

This one-weekend training is mainly experiential, moving through several different programs which provide stress relief, mental clarity, mood control, and anxiety reduction.

Level 2 Instructor Training, +\$500

The second weekend builds upon the first; focusing on understanding the application of Breathwalk programs, working with diverse student groups, and mastering the skills of teaching.

Lead Trainer

Shakta Kaur Kezios, RYT-500, is an international teacher of Kundalini Yoga and Meditation (as taught by Yogi Bhajan). She is the owner of Kundalini Yoga in the Loop (KYL), a yoga and meditation studio located in the heart of Chicago, Illinois, USA. She trains teachers of Kundalini Yoga and Meditation through KYL's 220-hour Yoga Alliance-registered "Aquarian Teacher" Training Program. She is also one of three individuals certified in the US to train Breathwalk (walking meditation) instructors.



For yogis interested in improving their business skills Shakta also teaches a "Teach More, Earn More, Serve More" tele-class series annually. From 2004 to 2008 Shakta served as Secretary, Chair of the Board and Interim President/CEO of Yoga Alliance (YA), a United States non-profit organization dedicated to setting educational standards for yoga teachers from all traditions. In 1987 Shakta founded Women in Franchising, Inc., a consulting firm. In 1993 she founded the American Franchisee Association, a non-profit trade association.

Course Developer

Gurucharan S Khalsa, Ph.D. along with his teacher, Kundalini Yoga Master Yogi Bhajan, developed Breathwalk. Dr. Khalsa is a psychotherapist, teacher and writer, and is a world recognized expert in Kundalini Yoga. He heads a business consulting firm, has a broad-based therapy practice, and is the International Director of Training for Kundalini Yoga teachers worldwide.



What is Breathwalk?

Walking Meditation

Breathwalk is the ultimate conditioning program for body and mind. It combines specific patterns of conscious breathing synchronized with your walking steps and enhanced with directed attention.

Easy

With our clear instruction, anyone who walks and breathes can master this quickly.

Effective

You experience powerful changes in just a few minutes. Its speed and simplicity motivate people to make Breathwalk a regular part of their life.

Profound

Breathwalk delights and surprises you with a wide range of choices—choice over your energy level, choice over your mood and choice over your mental state. Each of the 20 core Breathwalk programs address a specific need.

Choose a program to promote:

Energy and Vitality

Rapport and Connectedness

Weight Control and Overall Fitness

Or choose a program that shifts you from:

Anxious to Calm

Scattered to Focused

Distracted to Receptive and Intimate

Why Become an Instructor?

Personal Growth

Breathwalk is about feeling great and developing personal mastery. It is about wellness. It is about the sense of connection we all need to our self, each other and life. With instructor training you can confidently share an exercise tool that helps you to cultivate the inner resources you and your students need.

Expand Your Outreach

Fitness professionals find that Breathwalk is a wonderful addition to their offerings because it is both dynamic and versatile. Breathwalk requires no special equipment, adapts well to all fitness levels and can be easily added into the busiest schedule. Use Breathwalk to provide your current students with more variety or targeted benefits. Use it to expand your clientele, it appeals to all age groups—from youth programs to AARP mall-walkers. Whether you are a fitness instructor, wellness provider or teach yoga & meditation Breathwalk programs will mesh seamlessly with your skills and clientele.



Increase Your Earnings

We have designed Breathwalk to be simple and financially beneficial for the instructors. Unlike a franchise we do not require a percentage of class revenue. After your initial training cost all that is required is a modest annual renewal fee.

Just Some of the Benefits

Immediate Income

The four-day instructors' course gives you everything you need to know to start teaching Breathwalk immediately.

Brand Identity

Use the Breathwalk® name and logo in advertising and promotion.

Presence on the Web

Be part of the www.breath-walk.com community. Have your name and contact information posted on the website.

Keep Informed

We'll keep you updated on new Breathwalk programs and workshops as they become available.

Help from the Experts

Stuck on an issue or need more information? Ask our Breathwalk experts. Email your questions to breathwalk@shaktakaur.com.

