



The Coming Self-Care Revolution and how you can be a positive force for good.

Zen Wellness Chi Gong and Zen Yoga Instructor Certification

Dear Friend,

I want start with a heartfelt "thank you" for taking the time to read this letter that could possibly be the seed that grows into a complete life transformation. (This is true even if you do not already have experience with the eastern health arts such as Chi Gong, Tai Chi Chuan, Yoga, Martial Arts, etc.)

Just by actively pursuing the harmonization of your mind and body through a regular yoga, chi gong or other discipline – you are among the top 2% of Americans who choose to improve themselves. As you know, most people don't – most stop growing in their late 20's or early 30's. This leads to at best stagnation, at worst atrophy or decay.

Good health and inner peace do not happen by accident! (Poor health, stress, and un-happiness happen by accident.) Having a regular practice reverses this effect. Through the Zen Wellness training you get younger each year. (We measure biological age at Zen Illumination – but this is not the point of this letter – check out www.zenillumination.com if you are interested in the biological age testing.)

You see, most people do not wake up each morning with a sense of purpose – an "aliveness" and passion, ready to seize each moment and embrace the day. Even among the few that do have a feeling of purpose – most don't have the health and vitality that comes with an eastern health discipline. Don't be among the many – be among the few.

Before I explain our Zen Wellness teacher-training program let me ask you a few questions:

- Are you interested in helping others reach their full potential through Chi Gong, Zen Yoga and other eastern modalities?
- Have you experienced a calmness, or inner-peace after your personal practice?
- Would you like to take your Chi Gong practice to the next level and gain greater insight into you and others?
- Do you like working with others – do you like to see others grow?

If you answered yes to any of the above questions, read on. If you answered no to all the above questions – please stop reading (don't waste your time.)

Your journey into finding your own power

So what is Zen Wellness teacher training?

The first thing you learn as a Zen Wellness Teacher is that you can only give what you have an abundance of. So this means that you must first transform yourself before you can help others to transform. Unfortunately, personal transformation is not for everyone – it is for the few. So your journey begins with deepening your own practice and understanding of the mechanics of mind and body. For example, you learn:

- The 3 root causes of unhappiness (and how to avoid them)
- The cycles of the 5-elements and how to use this tool for understanding yourself, others and events.
- How Yin and Yang theory applies not just to your Zen Wellness practice but to your daily life
- How to identify the 7 chakras – and use this understanding for

"First of all, I was highly encouraged and nudged by my family to come because I've always been rather nervous to try new things. My family encouraged me and I decided to do it because I thought it was a great chance for me to open my reality and meet new people. I thought it would be a way for me to be a little less nervous and worry less about things, so I came. I have really enjoyed it, I've made lots of friends, and I've had a great experience with it. With the physical training I've become so much stronger, I'm happy, I'm healthier and I feel great. My kids are so much happier because I think I'm portraying such a great, open, happy, giving personality at home that has just changed my whole life. Especially the teaching aspect of it because that's not what being in this training program was for me. Instead, it was more about personally growing as an individual, getting out of my shell, leaving my house and doing something that scared me. If you are considering this, take the leap, it will be the best thing you have ever done"
*Michelle Toudjarov,
Phoenix, AZ*

self-healing and healing others.

- Understand the 5000 year old language of the "I-Ching" and how it was and still is used to see patterns in nature, human affairs, relationships, etc.
- How can even a simple understanding of "Ohm" or "Wuji" can bring a greater sense of energy and inner-peace.
- How to teach the Zen Wellness 5-Element Chi Gong Self Care curriculum so you can share it with family, friends, and yes – even your students.
- We offer courses on how to set up your own "practice" and create students (for those looking to become a professional Zen Wellness teacher.) The definition of professional is to be paid for your work – in this case paid for your teaching.
- And much more...Please refer to the course curriculum for more details.

Before you apply, there a few things to consider.

What do you want to gain from the Zen Wellness teacher training program – or you can even think of the question as "who would you like to become as a result of the training."

Are you interested in teaching professionally or just learning to deepen your practice (we have a licensing program for teachers that want to go pro.)

Am you willing to completely "show up" for each class. To "show up" does not just mean to attend the class – you must be fully engaged in the process and embrace each moment.

Understand that a Zen Wellness teacher's deepest responsibility - and ultimate reward - is the ability to transform the lives of individuals seeking mental, physical, emotional and inspirational growth - and leading them to a healthier state of existence. Through this process you too become transformed.

Here are a few reasons to become a Certified Zen Wellness teacher:

- Your self-esteem improves as you help others improve their lives.
- You become healthier – you deepen your own practice.
- You learn through students (anyone who has taught will confirm this.) The best way to learn a topic is to teach it!
- You become more “in tuned” to your self and others.
- You set an example to your students to live a “Zen Wellness life.” This means to always be growing, and to have the playfulness of a child with the focus of a Zen master.
- There is no shortage of work for a qualified Chi Gong teacher. If your goal is to own a school, there are financial rewards (and the reward of owning your own business that helps others.)
- You are in a good environment (compare this to an office environment.)
- You remember that life is not a race, it is a journey. You make time to stop, think, breathe, relax, and meditate. This becomes your “job.”
- You can develop greater independence – most want control of their life, but few achieve it. When you are in business for yourself you have greater control your own destiny and that of your family.
- Also – your goals may not be material at all. For example: You may want to start teaching Yoga to friends and family, and continue your personal studies while living the yoga

"My name is Sara Bearg and I am enrolled in the Zen Yoga Teacher Training and Advanced Studies program. Through Zen Yoga and the training, I have over come an illness that I had. In other yoga classes I wasn't able to completely get rid of symptoms like I have at Zen Yoga. I haven't had any flare ups from Lupus since I've started training here, which has completely changed my life. My kidneys are at a normal function, which is something that is new and so is my thyroid. Before my thyroid was at a low function because of continued below...

lifestyle.

"Success is the progressive realization of a worthy ideal." – Earl Nightingale

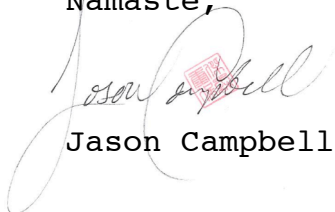
I quote one of my teachers "A Sannyasin is a spiritual warrior... A seeker of truth... **An individual on a mission of positive change.**" It is my belief that we all have the ability to be such a leader. Take this journey and become your own seeker of truth, and learn to elegantly share your truth."

Remember that the **Zen Wellness Teacher training is not for everybody.** There is an application process to determine admittance. The focus is on all aspects of teaching and living the principles of yoga within a contemporary context and language. It is an exclusive opportunity to grow, connect, and contribute to your overall growth as a teacher and/or as a person. You will be expected to show up at your best. **Your reward is the certainty that you are meeting your highest standard and dreams about who you are and who you are capable of becoming.** As Shakespeare said: **"We know what we are, but know not what we may be**

"When you fight for your limitations, your reward is that you get to keep them." Don't let your limited self-concept stop you from being all you can be. Poor self-esteem is the great killer of the human spirit.

Stay present and stay focused. I look forward to your success!

Namaste,



Jason Campbell

"I am getting a lot more out of the Zen Yoga Teacher Training than I thought I would. I thought that I was just going to get training on teaching yoga poses, but I am getting a lot of interesting lessons that I can apply to my daily life as well as for my physical health and emotional health. I am learning a lot of different movements than I have never done through the Chi Gung and the 12 pieces of Brocade lessons; it's been very interesting."
Nate Musgrove, Peoria,