

"NeuroYoga"TM Zone Bonus

As a attendee of a "NeuroYoga"TM Zone event, I am offering you a free 1 hour session of certified "Yoga2Life"TM Mentor/Life Coaching — coaching that is aligned with the guiding principles of yoga and neuroscience.

In addition to the free 1 hour session, you can earn an addition hour for each person that you refer to the "NeuroYoga"TM Workshop or "Brain Maker" Seminar and they attend. They will receive the same offer. That's a \$50.00 value for each session and the benefit multiplies. Sharing is caring and beneficial for everyone.

Why am I doing this? I would like as many people as possible to benefit from neuroscience validated techniques that reduce their stress and can make a difference in their lives.

Do you have a mentor/life coach?

If not, you could be limiting your life/career success.

Why You Need To Hire A Coach In 2015 (Forbes)

<http://onforb.es/1zJf...>

10 Reasons Why You Need a Career Coach

<http://careerhmo.com/...>

Why do You need a Coach?

Because, life has gone from being stable and mostly predictable to being fast-paced, impersonal and constantly changing.

A coach helps you stay connected to your desired outcomes, focused and living with purpose..

What does a coach do?

- A coach assists you to be a master of change.
- A coach keeps you focused, purposeful, motivated and accountable.
- A coach keeps you present and focused on the future, growth, strategic, and possibility oriented.
- A coach partners with you as a co-creator of your goals.

What are the benefits of having a coach?

- Reduce conflicts between behavior (what you do) versus what you want.
- Achieve outcomes
- Greater satisfaction and self-confidence
- More enjoyment from life
- Happier work or family relationships
- Better time management
- Less distractions
- Greater productivity (600% ROI)

Here is what recent recipients of my coaching sessions have said:

Dave Dayton, OH

"I had never seriously considered coaching before; it always seemed like something for high-powered executives, not normal people.

I am developing an action plan on how to best approach the problems that I am facing in my career today.

Talking through the problems and blockers I had helped me to understand which ones were actual problems, and which ones were merely excuses. For the ones that actually are problems, I started putting together an action plan for dealing with them.

Some other benefits of coaching -

The act of verbalizing your issues helps to change the way you think about them.

Suggestions about practices and methodologies.

Accountability.

I'd certainly recommend coaching to folks who

a) feel like they are stuck in a rut,

b) exploring career options, or

c) looking to expand their business."

J.M. (Cagayan de Oro City, Philippines)

Just one day after her very first coaching session:

"I'm no longer just breathing... I'm alive coz I'm doing things that I love, exciting times for me... Sometimes I found myself stuck up because of certain obstacles on my way.

I've seen coaching as helping me look into the situation in a different perspective through the guidance of a coach. With his insights and wisdom I was able to realize that what seemed to be out of my control factors is actually within my control."

O.N. (Stockholm, Sweden)

"Just three days after his very first coaching session:

I found out that I do have gifts that I can give to the world, and that they are valuable...

I got a lot more self-confidence and clear on what is my next step...

I would recommend coaching, because it's hard figure everything out on your own, and a lot of people need the extra push to get started on what they dream about...

Thank you for being so calm and relaxed... It made me feel safe....

I've already had some progress so thank you so much..."

"Yoga2Life"™ Mentor/Life Coaching — coaching that is aligned with the guiding principles of yoga and neuroscience helps you reboot for success!

Just email the names of the people that you are referring to NYZlifecauch@gmail. When they register and attend, the coaching train leaves the station and we will set up times for the coaching session(s).