

# FITYOGA WEEKEND

*With Balazs Heller*



YOGA. NUTRITION. SPIRITUALITY.  
HEALING. SELF GROWTH. YOGI LIFESTYLE



# FitYoga Weekend Program

## 8-10 April 2016 in Nelson

Do you want to eat well without dieting, through plant-based, yogic nutrition? Are you looking to practice yoga with the right alignment and core integration? Do you wish to implement yoga into your everyday life, unleashing the unlimited power within? Then this weekend will be an incredible experience for you! These three days are open not just for yoga practitioners but for anyone interested in healthy living, as no previous yoga experience is required.

Balazs Heller, Former European Yoga Asana and Gymnastics Champion of Hungary is visiting Toulouse as part of his 2015 European Tour, to give a series of Yoga & Self-Empowerment workshops at Joogakoulu Ong Namo in Tampere. For more info about FitYoga visit: [www.fityogateachertraining.com](http://www.fityogateachertraining.com).

Block out your calendar for this special 3-day experience, where you will dive deep into yourself, and your yoga practice!

You will feel spiritually uplifted, physically strong, and mentally empowered with a newfound sense of positivity and direction. Balazs' energy and spiritual teachings will ensure you live life to the fullest, making every second count.

How to Book:

- Fill out Application Form on page 8
- Settle Payment to reserve your spot

We accept only prepaid bookings. For more info call Anita on 03 548-2298 or email to [hotyoganelson@gmail.com](mailto:hotyoganelson@gmail.com).



## About Balazs Heller

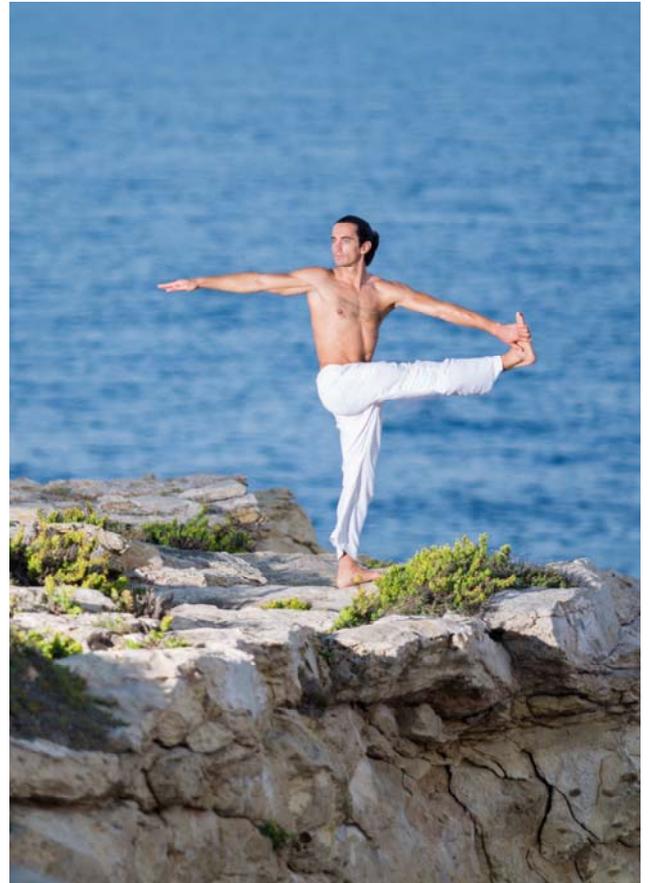
From age seven Balazs was trained to become a professional gymnast in Hungary. Throughout his 13 years of professional gymnastics career he went through an intensive physical, mental and spiritual transformation thanks to his daily 3-6 hours trainings, meditation and spiritual quest to go beyond his physical limitations. Balazs became junior gymnastics champion of Hungary at age 14 and defended his title for several years.

Balazs was introduced to yoga and to Reiki as a healing method from his sport injuries which have instantly become the center of his life. In 2009 he won the European Yoga Asana Champion title organized by Bikram Choudhury. Balazs was trained by many amazing yoga teachers in different parts of the world (Fred Bush, Rae Indigo, Ruslan Kleytman, Cameron Shayne, Bikram) and practiced different yoga styles before he created his FitYoga sequence in 2010.

In FitYoga Balazs has integrated his physical and energetic body awareness with traditional Hatha Yoga, modern Vinyasa Flow and precise Pilates and gymnastics strengthening elements.

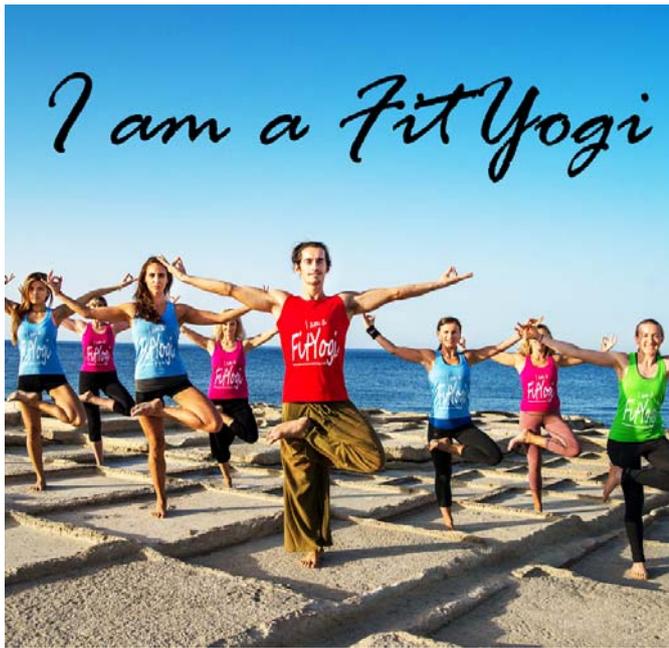
FitYoga has created a new vibe in the global yoga and Pilates community, as Balazs applies life coaching, NLP, Reiki, yoga, Pilates, plant-based nutrition as a comprehensive set of tools to awaken the spirit, liberate the mind, release tension and heal the body.

Balazs has been running his 200-hour Yoga Alliance accredited FitYoga Teacher Training programs since 2014 and spreading his teachings around the



world ever since. Balazs is based on the magical island of Malta, where he runs his yoga studio and gives regular plant-based nutrition workshops, Tibetan singing bowl meditation concerts, self-empowerment trainings and Reiki initiations.

Balazs is an E-RYT 200 yoga teacher, gymnastics coach, certified life coach & NLP practitioner, fitness trainer, Reiki master, massage therapist and vegan activist. He has an undergraduate degree in international relations and master's degree in Diplomacy. Balazs lives in Malta with his wife and their two children.



## Friday, 8<sup>th</sup> April

19:00 - 20:30

A1/ FitYoga Master Class

Experience the dynamic flow between traditional Hatha Yoga, modern Vinyasa Flow and core strengthening Pilates elements on a 90-minute powerful FitYoga Master Class with its founder. FitYoga is ideal for anyone from office workers with stiffness, tension, stress, back pain to experienced yogis, Pilates practitioners and athletes. Even though no previous yoga experience is required to attend, a basic level of fitness is recommended. After the class, you will have a chance to share your experience and ask questions directly to Balazs.

20:45 - 22:00

A2/ FitYoga Philosophy & Science

Balazs will explain the science, the pillars and the philosophy of FitYoga. This session will give you an understanding of the Mind-Body-Spirit balance, how to live a modern yogi life with the right intention and mindset. Balazs will also give you a glimpse of his 18-day intensive Yoga Alliance certified FitYoga Teacher Training program which is going to take place at Ong Namu between 14-31 January 2016. At the end of the session, you will have time for Q&A. It is highly recommended to participate on the previous FitYoga session so you can actually have an experience on the subject we discuss.



# Saturday, 9<sup>th</sup> April

9:30 - 11:00

B1/ FitYoga Master Class (for all levels)

A 90-minute dynamic fusion of power vinyasa yoga & Pilates first time in Finland with the founder of FitYoga. Open for all levels. Just make sure to bring a bottle of water, a towel and a yoga mat. Fasten your seat belt!

11:15 - 16:30

B2/ The Power Within (with vegan lunch)

This 4-hour interactive workshop is full of inspiration and spiritual coaching to become free from your limitations. You will learn the art of self-realization by understanding:

- who we human beings truly are and how our ego works,
- what are the most important spiritual laws to build momentum
- how to get out of our comfort zone and make the necessary changes to manifest your goals in life
- how to release stress, anxiety and turn fear into power
- how to communicate transparently in your relationships and live in a spiritual-based partnership
- how to choose the right career and live with passion every day.

True happiness cannot be reached unless we achieve deep self-awareness and spiritual consciousness to understand where we are standing right now and what we truly want in our life to manifest. The main intention of this workshop is to learn how you can take actions and manifest your desires, how to gain self-confidence, stability and constant growth in your everyday life. Vegan lunch is included.

17:00 - 19:00

B3/ Yoga Alignment & Asana Clinic

Any physical exercise without the right technique and execution causes constant stress on our physical body and eventually leads to injuries, especially when it comes to yoga. Unfortunately, many people get injured throughout their yoga practice because there is no body-awareness or correct posture (asana) alignment. This hands-on workshop is about demonstrating and explaining the correct body-alignment the asana principles and the specifications you must know about back-bends, forward-bends, arm-balancing poses, inversions and warriors. Balazs will also show you some efficient therapeutic spinal and core strengthening exercises to tackle back-pain and create strong back muscles. This workshop gives you the basic principles of body awareness, asana alignments and core integration so that you can practice with confidence and grow strength and flexibility without any injuries. If you want to improve your posture, strengthen your spine, enhance your yoga practice or just simply improve your physical performance, this workshop will definitely add to your body awareness.





# Sunday, 10<sup>th</sup> April

9:30 - 11:00

C1/ FitYoga Master Class (for all levels)

11:30 - 15:30

C2/ Alkalizing Plant-Based Nutrition

Another transformational 4-hour seminar on whole-food yogic nutrition. Balazs' 4-hour workshop – including healthy vegan lunch, freshly made juices & smoothies – will explain to you all the key elements of healthy nutrition so that you have no more confusion about this subject. Here are some of the topics Balazs will cover on his fascinating talk:

- The spiritual aspects of food
- the psychology & physiology of human digestion,
- How to deal with addictions: cravings to sugar, emotional eating,
- The pH balance of the body: alkaline vs acidic foods,
- Healing with raw foods, The power of juicing/blending. Superfoods you should eat every day,
- Low energy vs high energy, Key principles of whole-food plant-based nutrition,
- Natural weight-loss/gain & stop dieting,
- Cleansing-detoxing-fasting naturally, Colon cleansing,
- Raw food vs cooked food: the enzymes,
- Conscious shopping: what to check?,
- Lies/myths on healthy & sport nutrition: where do you get your protein, dairy products as a source of calcium, meat & fish, vitamins & supplementation;
- How to feed our children
- How our body communicates with us.

16:00 - 18:30

C3/ Yoga Philosophy & Yogi Lifestyle

In the West yoga is widely known as a physical practice, but in reality it is a vast collection of spiritual principles and practices aimed at integrating mind, body and spirit to achieve a state of enlightenment or oneness with the universe. The aim of this workshop is to introduce you to the traditional yoga philosophy, to have a better understanding on how to implement the ancient spiritual teachings into our modern everyday life. We will examine the four goals (purushartas) of human life; the five mental patterns (kleshas) or defects, the 8 Limbs of Yoga, the koshas and how to implement them in our everyday life





## APPLICATION FORM

FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NO.: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

### PARTICIPATION FEES

- A1. Friday evening \$45
- A2. FitYoga Philosophy & Science \$10
- B1. FitYoga session \$45
- B2. The Power Within \$115
- B3. Alignment & Posture Clinic \$60
- C1. FitYoga session \$45
- C2. Alkalizing Nutrition \$115
- C3. Yoga Philosophy \$45

### SPECIAL PASSES

- 3 days workshop pass \$430
- Saturday day pass \$200
- Sunday day pass \$185



**PRACTICAL INFORMATION:** Please bring your own mat, bottle of water, towels, props. All levels welcome. No previous yoga experience required. For those who participate to the full workshop week-end, there will be a discount on the FitYoga Teacher Training held between 14 April – 1 May. For more details about the program visit: [www.fityogateachertraining.com](http://www.fityogateachertraining.com).

**IMPORTANT:** We kindly ask you to first consult your physician if you have any concerns regarding your health conditions and inform us your condition in advance. If you have any food allergy, please let us know when you book for the course as vegan lunch is provided throughout the weekend.



*"FitYoga brings me back to my natural state of oneness. Where there are no fears and guilt. Where my body and ego surrender to the awakening power of my spirit. I get in the zone where there is only bliss and light. I become one with the source. This is my yoga practice."* - Balazs Heller



**"Life is fun when you come up with crazy things, create special moments. Start to live now as tomorrow never comes!"** -Balazs Heller



A man in a red shirt and brown pants is performing a handstand on a rock. A group of women are sitting on the rocks around him, watching. The background shows the ocean and a clear sky.

[fityogateachertraining.com](http://fityogateachertraining.com)

