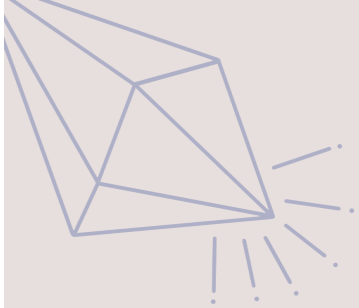


I want to throw open the yoga door, to you, so can see how to Balance your life from a yogic point of view. I do this by teaching basic guidelines that you can practice everyday, by yourself.

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YOGA FOR EVERYBODY

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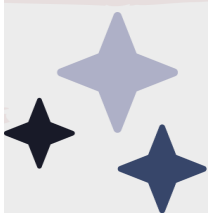


## Guest practitioner / facilitator

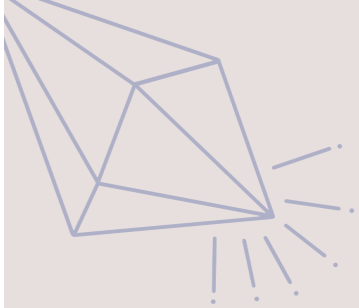
I am available as a guest expert speaker on the topics of yoga, meditation, hermetics, plant medicine, grief release, Stress management, moon and sun rituals & Thai massage. I'm available for online or in-person workshops, podcasts, retreats, panels, and events.

Please contact me for further details and availability.

Metta Kim oxo







## YOGA CLASS STYLES

YOGA COMES IN MANY FORMS AND ALL HAVE A PLACE IN OUR HEARTS, MINDS AND BODIES.

FORMS OF YOGA TAUGHT:

- HATHA YOGA

LYMPHATIC YOGA

- YIN YOGA & RESTORATIVE YOGA

- VINYASA / FLOW YOGA

- POWER YOGA

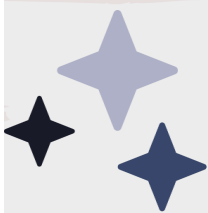
- PRENATAL YOGA

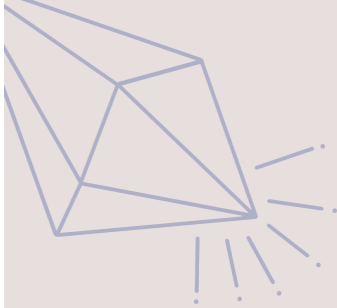
- POSTNATAL

- KIDS YOGA

- AERIAL YOGA

- YOGA BACKBENDING, INVERSIONS, BALANCES.



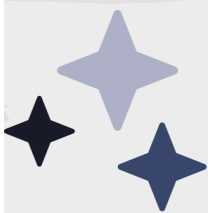


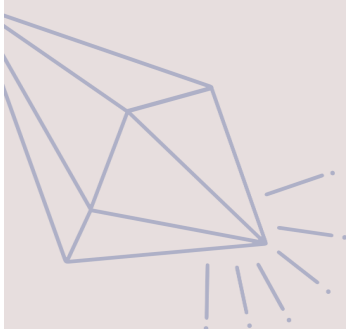
## 1. YOGA PRIVATES

KIM WILL TEACH YOU TO HAVE CONSISTENT & MINDFUL BODY AWARENESS THAT ALLOWS YOU TO MANAGE YOUR PHYSICAL HEALTH INTUITIVELY & INTELLIGENTLY.

FORMS OF YOGA TAUGHT:

- HATHA YOGA
- YIN YOGA & RESTORATIVE YOGA
- VINYASA / FLOW YOGA
- POWER YOGA
- PRENATAL YOGA
- KIDS YOGA
- AERIAL YOGA
- YOGA BACKBENDING, INVERSIONS, BALANCES.



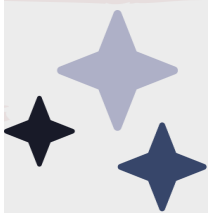


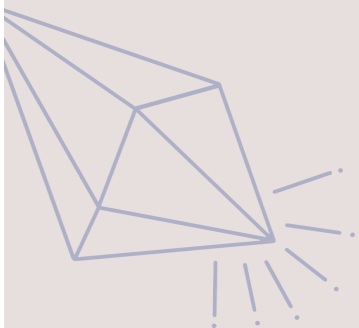
## YOGA NIDRA

IS A SYSTEMATIC METHOD OF INDUCING COMPLETE PHYSICAL, MENTAL AND EMOTIONAL RELAXATION. DURING THE PRACTICE, ONE APPEARS TO BE ASLEEP, BUT THE CONSCIOUSNESS IS FUNCTIONING AT A DEEPER LEVEL OF AWARENESS.

NIDRA IS TECHNIQUE IN WHICH THE DISTRACTIONS OF THE MIND ARE CONTAINED AND THE MIND IS ALLOWED TO RELAX. YOGA NIDRA CAN EASILY DEEPEN INTO A BLISSFUL EXPERIENCE WHERE THE BODY SLEEPS BUT THE AWARENESS REMAINS ACTIVE AS IT DESCENDS THROUGH THE LAYERS OF THE MIND.

YOGA NIDRA HAS MANY ASSOCIATED HEALTH BENEFITS AND IS USED WIDELY TO RELIEVE STRESS, TENSION, ANXIETY AND INSOMNIA.



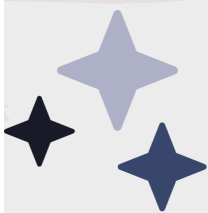


## MEDITATION

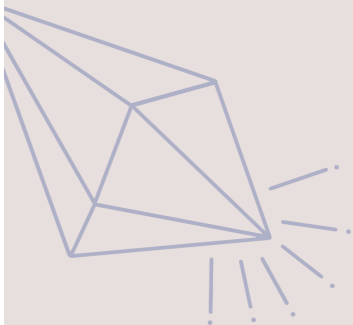
KIM'S GUIDED MEDITATIONS LEAD STUDENTS TO PEACE, SPIRITUAL POWER & WISDOM.

KIM'S TRAINING INCLUDED STUDY INDEPTH OF THERAVADA & MAHAYANA BUDDHISM, & THE HERMETIC SCIENCES.

EVER WANTED TO TRY MEDITATION BUT DON'T KNOW WHERE TO START? THIS SESSION WILL TAKE AWAY THE "MYSTICISM" OF MEDITATION AND ALLOW YOU UNDERSTAND THE PROCESS AND INTEGRATE IT SUCCESSFULLY INTO YOUR LIFE.





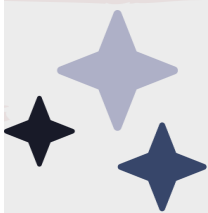
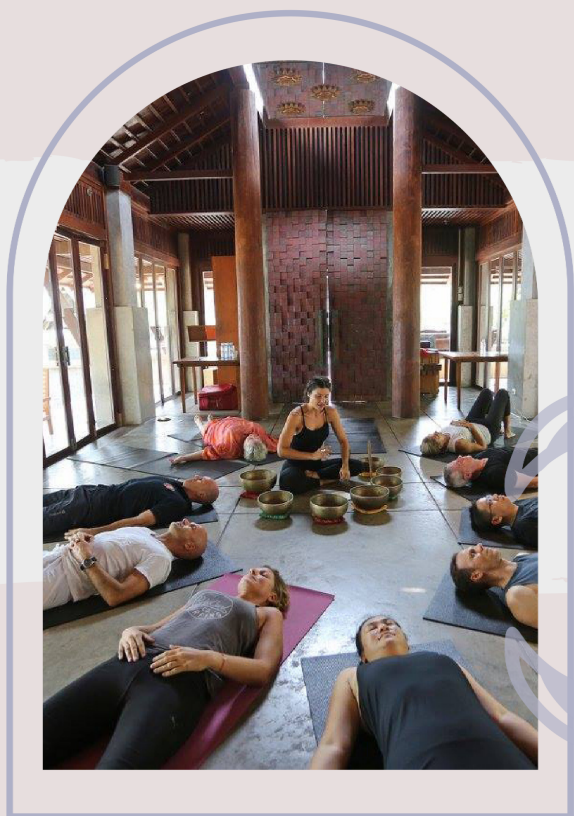


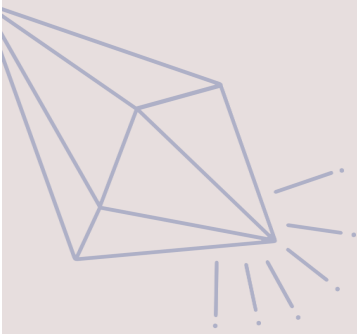
## TIBETAN SINGING BOWLS

THE BENEFITS RANGE FROM- RELIEF FROM PAIN, STRESS- RELATED CONDITIONS AND THE ABILITY TO ALTER ONES CONSCIOUSNESS.

IT IS AN INTEGRAL PART OF HEALING THE EFFECTS OF CHEMOTHERAPY, REDUCES PAIN AND DISCOMFORT FROM FIBROMYALGIA, CHRONIC FATIGUE SYNDROME AND DEPRESSION, AFTER SESSIONS CLIENTS EXPERIENCE IMPROVED MEMORY, CLARITY, VITALITY AND THE ABILITY TO TAKE ACTION.

MANY REPORT OUT OF BODY EXPERIENCES, A DEEP SENSE OF TRANQUILITY, SLEEP SOUNDLY AND FEEL THE EFFECTS OF THE TREATMENT FOR SEVERAL DAYS.





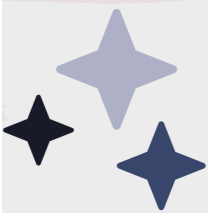
## CHAKRA MANDALA

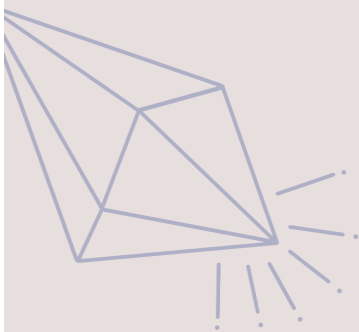
THIS CLASS OFFERS AN AWESOME FUSION OF YOGA AND ART, BOTH OF WHICH ARE GREAT CREATIVE VEHICLES.

EACH CLASS HAS A DIFFERENT SET OF MOVEMENTS THAT CORRELATE TO A SPECIFIC CHAKRA. THESE MOVEMENTS ARE INTEGRATED WITH A GUIDED MOVING 'MEDITATION' AND CHARCOAL ON PAPER, TO CREATE A LIFESIZED PERSONALIZED CHAKRA MANDALA, YOU CAN TAKE HOME WITH YOU.

THE AIM IS TO NOT ONLY DEEPEN YOUR UNDERSTANDING AND SENSITIVITY OF EACH CHAKRA BUT TO ALSO UNDERSTAND THAT WHEN EACH CHAKRA POINT IS MORE BALANCED IT ALSO BRING A BALANCE TO THE PHYSICAL AILMENTS, CHARACTER TRAITS AND MIND PATTERNS ASSOCIATED WITH EACH CHAKRA.

MAKING OUR LIVES A LITTLE MORE BALANCED AND WHOLE LOT MORE CREATIVE.





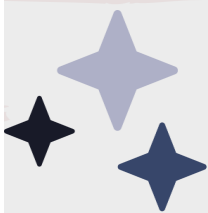
## NEGATIVE HABIT AND MIND LOOP CLEANSING

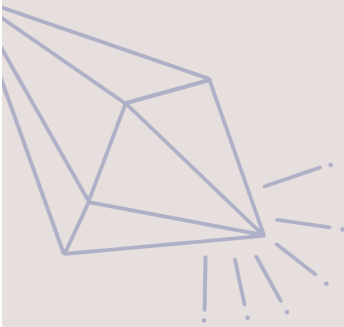
EVERY DAY NARRATIONS THAT REPLAY IN YOUR MIND, OFTEN AS SECOND NATURE, CAN TAKE THEIR TOLL, IF THE NEGATIVE THOUGHTS OUTWEIGH THE POSITIVE ONES.

AFFIRMATIONS ARE A POWERFUL TOOL FOR HEALING AND CHANGE. THERE IS NOTHING MORE POWERFUL THAN WRITING YOUR OWN AFFIRMATIONS TO CREATE THE LIFE YOU WISH TO LEAD.

MALAS CAN BE USED TO SUPPORT THE SUCCESS OF AFFIRMATIONS, DURING MEDITATION & IN DAILY LIFE. THEY ARE A GREAT TOOL TO HELP GUIDE THE INTENTION OF YOUR PRACTICE. IN THIS SESSIONS WE WILL CREATE NEW POSITIVE MIND LOOPS, THAT WILL HELP YOU ACHIEVE THE GOALS YOU DESIRE & RELEASE THE HABITS THAT ARE WEIGHING YOU DOWN.

WE DO THIS BY USING THE POWER OF POSITIVE WORDS & MANTRA TECHNIQUES AT THE OPTIMAL MIND ABSORPTION MOMENTS IN LIFE. A MIND "DEFRAG" IF YOU LIKE & A GREAT WAY TO SET YOU DEEPER ONTO THE PATH OF YOUR DREAMS.

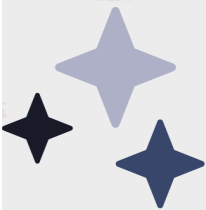




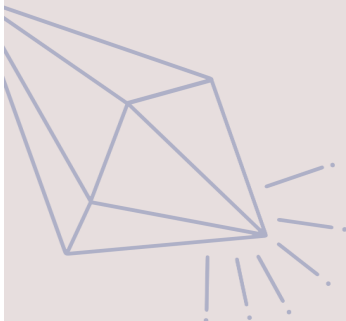
## PLANT MEDICINE ASSISTED THERAPY

A CONSTANT IN ALL CIVILIAZATIONS, DATING BACK TO THE EARLIEST OF TIMES. PLANT MEDICINE IS A SPIRITUAL TOOL FOR HEALING, EXPLORATION & INTROSPECTION.

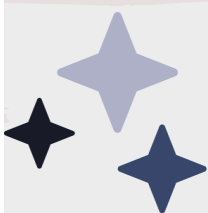
I TEACH YOU TO PREPARE AND PROCEED THROUGH YOUR PLANT MEDICINE JOURNEY WITH CLARITY & EDUCATION.







## Previous Work





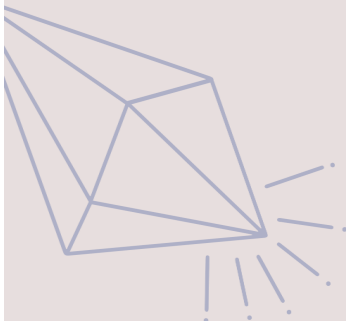
Previous Work



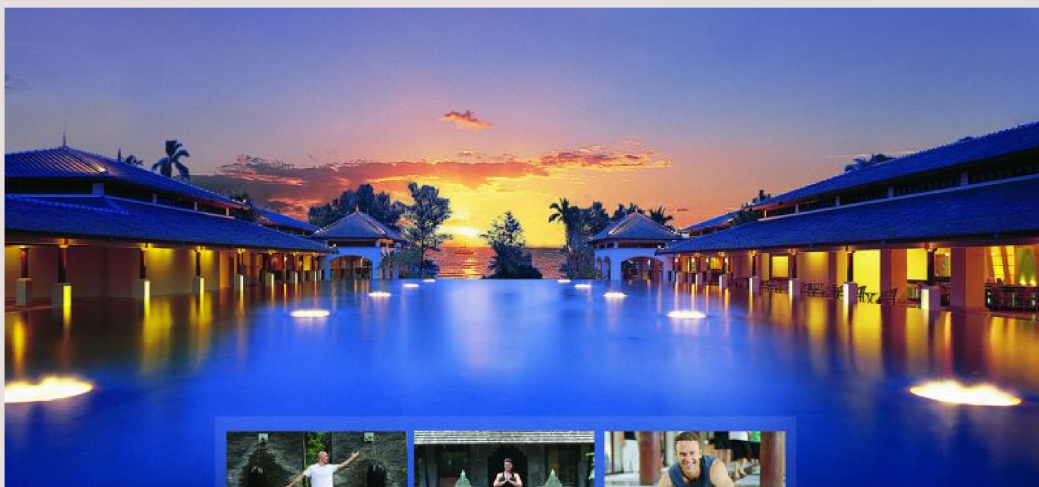
**Reboot**  
and  
**Re-evaluate**  
your  
**Reality Health Check**

**15<sup>th</sup> – 18<sup>th</sup> June 2017**

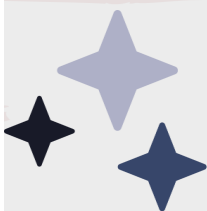




## Previous Work



### Reboot and Re-energize your Body & Mind Workshop 15<sup>th</sup> - 18<sup>th</sup> September 2016



## Previous Work



### The Quintessential Wellness Workshop

28 April - 1 May

Your lifelong health and youngfulness starts with this energizing weekend.

The inspirational 4 days 3 nights programme has selected the best nutritional specialists, celebrity performance coaches and yoga enthusiasts to ensure you will receive the absolute best education and entertainment.

Discover the benefits of stress and sugar management, hormonal balancing and weight loss, by wellness practitioners; Hayden Rhodes, Craig Burton and Kim White.

It is central to living well, holistic balance, in our modern world.

For more information, please contact Linda Overman, Director of Mandara Spa

Tel: + 66 076 338 000 ext. 3752 or Email: [Linda.overman@marriotthotels.com](mailto:Linda.overman@marriotthotels.com)



231 Moo 3, Mai Khao Beach, Thalang, Phuket, Thailand 83110 | Tel +66 076 338 000 | Fax +66 076 348 348 | [jwmarriottphuketresort.com](http://jwmarriottphuketresort.com)



## Previous Work



### Journey into Complete Wellbeing 17-20 September, 2015

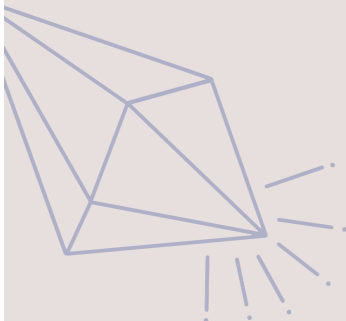
Your lifelong health and wellbeing starts with a long weekend. Learn with the support and guidance of expert practitioners in Yoga, Meditation, Traditional Chinese Meditation and Nutrition over an unforgettable 4 days and 3 nights.

For more information, please contact Mandara Spa  
T: +66 76 338 000 Ext 3750 or E: [Linda.overman@marriotthotels.com](mailto:Linda.overman@marriotthotels.com)



231 Moo 3, Mai Khao, Talang, Phuket 83110 Thailand | Tel: (66)76 338 000 | Fax: (66)76 348 348 | [jwmarriottphuketresort.com](http://jwmarriottphuketresort.com)






## Previous Work



**Yoga workshop**  
**Asana Immersion**



ALL LEVELS  
WELCOME !!


**technique workshop**  
with Ajahn Kim White - mindbodyyoga founder

.backbends. forward folds. balances.  
in order to deepen your asana practise & learn  
specific pranayamas, preparations & techniques for  
each asana section

**4.5 hour duration**

[www.mindbodyyogasystem.com](http://www.mindbodyyogasystem.com)

**Yoga workshop**  
**.true yoga. true union.**



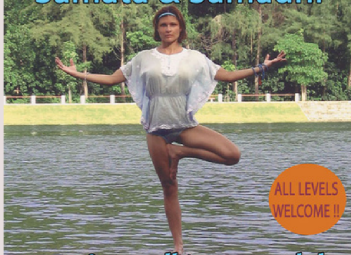
**three body union workshop**  
with Ajahn Kim White - mindbodyyoga founder

A journey into the union of the physical, pranic & mental body  
separating the three in order to truly bring peace, understanding & union to  
your own yoga practise. The true secret to pure yoga.

**4.5 hour duration**

[www.mindbodyyogasystem.com](http://www.mindbodyyogasystem.com)

**Yoga workshop**  
**Samata & Samadhi**



ALL LEVELS  
WELCOME !!


**samata & samadhi asana workshop**  
with Ajahn Kim White - mindbodyyoga founder

through a series of hatha asanas we learn how the pranic body is a bridge  
between the mental & the physical bodies. Learning how to control this  
connection to develop, contemplate & Maintain stillness (samata) in order  
to reach the final goal of yoga - samadhi.

**3 hour duration**

[www.mindbodyyogasystem.com](http://www.mindbodyyogasystem.com)

**Yoga workshop**  
**Patinisagga (letting go)**



ALL LEVELS  
WELCOME !!

**the art of letting go in asana workshop**  
with Ajahn Kim White - mindbodyyoga founder

This class is dedicated to self discovery & letting go of hindrances,  
In order to deepen your asana practise. The class will consist of holding asanas  
for longer periods of time, to investigate & progress along the yogic path.  
Letting go (patinisagga) is the direct path to peace.

**3 hour duration**

[www.mindbodyyogasystem.com](http://www.mindbodyyogasystem.com)

