

# Spiritual Coaching

## For Yoga Teacher Trainers

Learn how to adopt yogic theories and practices into everyday life.  
Individualized facilitation providing tools that transform teachers into mentors.





Spiritual Coaching is a support system that promotes adoption and integration of a multi-pronged, balanced approach to life; guiding individuals to expand their consciousness so that behavior and attitudes match principles and highest ideals.



### **Purpose**

Assist yoga teacher trainers to adopt a lifestyle that expresses a meaningful, progressive personal growth and enduring spiritual development supporting teachers to become mentors.

New teachers are interested in *walking the walk* but often lack tools, experience and mentors that assist them transitioning into a yogic way of life.

### **Commitment**

Provide services where diversity and varied beliefs are celebrated. Aimed at providing straightforward tools for spiritual living and helping teacher trainers to actualize fulfilling results. Coaching is based on principles of inclusion, innovation, integrity and intuition.

### **Services Delivered**

Needs assessment delivered in three areas: lifestyle, health and wellbeing, meditation.

Individualized recommendations based on teacher trainers' unique definitions of accomplishment, personal beliefs and worldview

### **Achievable Outcomes**

- Integration of Tools for Spiritual Living
- Increased Concentration
- Inner Peace
- Even Mindedness
- Mature Meditation Practice
- Decreased Stress
- Awakened Intuition
- Positive Demeanor
- Meaningful Relationships
- Prolonged Happiness

“ Lesley has the patient conscientiousness needed in a good teacher as well as a delightful sense of humour to make the learning not too hard. I trust her completely.”

Jetsunma Tenzin Palmo



## Lesley Kovitz

Lesley (also known as Yeshey Palmo) has the perfect combination of skills and experience for spiritual coaching. Fifteen years as a counselor including mental health, online telephone counseling, group support, teaching new counselors, program development and management combined with 18 years of extensive study and practice of yoga and meditation as a means achieving lasting inner stability. In this quest, she has spent thousands of hours practicing meditation and yoga and hundreds of hours in retreat.

Lesley has developed a complete Mindfulness Meditation Program. Meditation Village is a sequential learning system that assures maximum benefit is achieved from personal meditation practice by learning the right tools and methods at the right time and in the right way. The program is specifically designed to break down the obstacles to consistency that so often trip up experienced and non-experienced meditators.

Lesley travels extensively worldwide with Jetsunma Tenzin Palmo on her international dharma teaching tours, is a certified yoga professional and advanced senior teacher and holds a Social Sciences degree from the University of Winnipeg, Canada.

## Contact

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