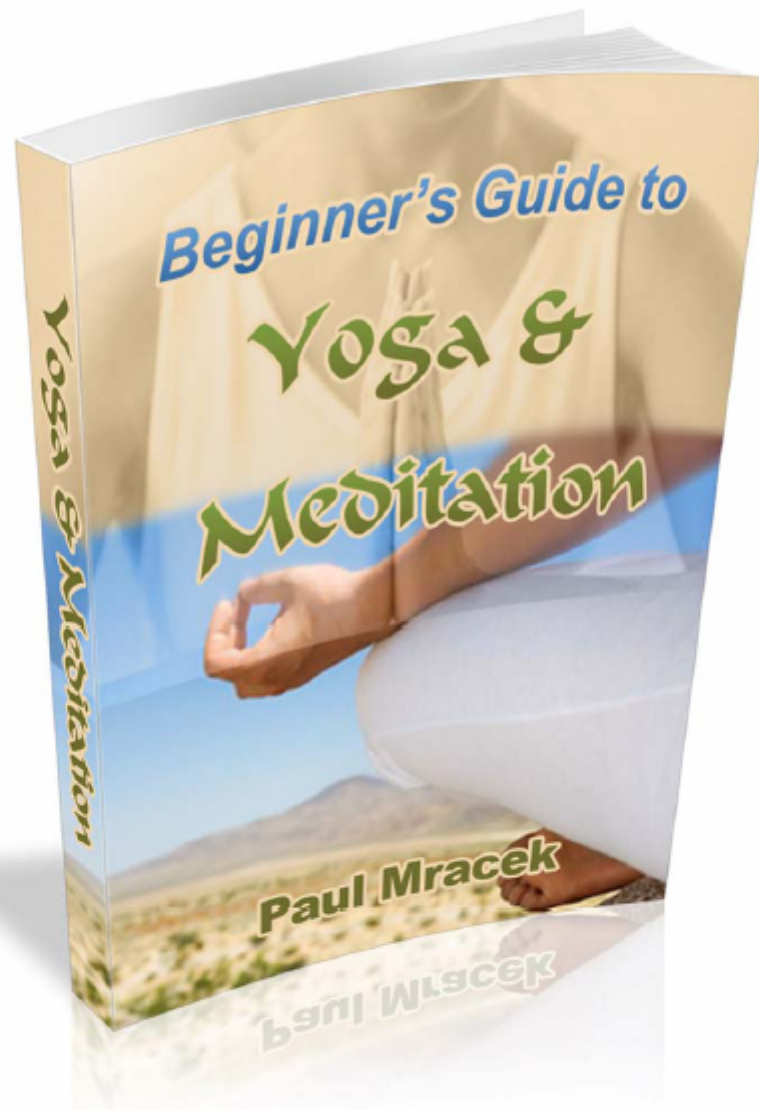


Yoga & Meditation Guide



**THE BEGINNER'S GUIDE TO
YOGA AND MEDITATION
With Paul Mracek**

www.thekotanmethod.com

www.lifebalancestartshere.com

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What's In It For You?

The most asked question is "What's In It For Me" – WIIFM Factor? That's easy - "Achieving The Success You Have Always Wanted!" What would this do for you? How would it make you feel?

I work with you to give you solutions to your specific problems, which are practical and based on real knowledge and experience. Learn how to make your goals "Outcomes" by being Specific, Measurable, As if now, Realistic and Time sensitive, i.e. S.M.A.R.T.

You will learn to identify and understand the 4 key steps of

1. Why 2. What 3. How 4. What If

in everything that you do and use this to discover and utilize your most productive strategies, values, etc., that are already at your disposal but which are not being utilized to their maximum.

What makes me unique? I have gained my knowledge through practical "blood, sweat and tears" experience. That experience allows me to form strategies to identify and overcome the obstacles that prevent people from achieving their goals.

You get to learn from a person with a wealth of experience from Graduate Engineer to CEO/Managing Director in small business and multinationals across Australia and Asia, selling to people and organizations in Europe and the USA.

You get the understanding and insights of discipline, direct action and hidden meanings from a Master in Martial Arts and how to apply the "Warrior Mindset" to achieve success in business and life.

I have the compassion and understanding of a person who works with and in the community to provide to those who are in need, so that they can enjoy life and achieve a sense of worth.

So enjoy! You will, I am sure, be pleasantly surprised about the results you can achieve and also where you can use these principles of the "Warrior Mindset" to succeed.... So what is behind the "Success Mindset"?....glad you asked that! Come over to www.thekotanmethod and find out...I look forward to hearing from you!

We hope you enjoyed your taste of Natural Weight Loss the hidden truth by Paul Mracek