



YOGA MAKES A DIFFERENCE

FREE EDUCATION IN YOGA

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WE WANT TO PAY FORWARD WHAT YOGA HAS
GIVEN US. THE BENEFITS OF YOGA SHOULD
BE AVAILABLE TO EVERYBODY, REGARDLESS
OF CLASS, RACE OR GENDER.

CAROLINE WESTLING & ACHARYA RATHEESH MANI,
CO-FOUNDERS OF YOGAMAKES.



THE TEACHER TRAINING

EVERYBODY IS WELCOME

AT LEAST 6 MONTHS OF PRIOR REGULAR YOGA PRACTICE IS A REQUIREMENT OF THE STUDENT

10 DAYS ON SITE

THE DURATION OF THE TRAINING IS 10 DAYS

CERTIFICATION

AN OFFICAL CERTIFICATION BY YOGAMAKES WILL BE AWARDED TO THE STUDENT

FREE OF CHARGE

THE MONETARY COST FOR THE STUDENT IS ZERO

THE BENEFITS

YOGA

IMPROVES
BLOOD
CIRCULATION

INCREASES
OXYGEN FLOW
TO THE BRAIN

IMPROVES
POSTURE

QUIETS THE
MIND AND
HEIGHTENS
FOCUS

35%
INCREASE IN
FLEXIBILITY
AFTER 8 WEEKS
OF PRACTICE

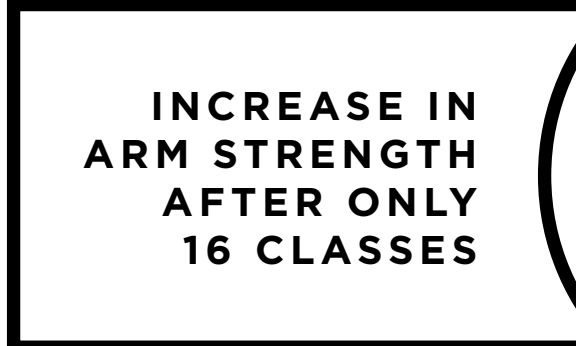
INCREASES
METABOLISM
AND HELPS
DIGESTION

REDUCES
STRESS

FIGHTS
INFECTIONS
& REMOVES
TOXINS

12%

INCREASE IN
ARM STRENGTH
AFTER ONLY
16 CLASSES



HOW IT WORKS

1

SPONSORSHIP CONTRIBUTION

YOUR CONTRIBUTION MAKES IT POSSIBLE
FOR US TO SET UP AN INFRASTRUCTURE
OF FREE YOGA TEACHER EDUCATION

2

FREE YOGA TEACHER TRAINING PROGRAM

WE WILL DONATE OUR TIME AND KNOWLEDGE
TO HELP EDUCATE PARTICIPANTS IN BECOMING
CERTIFIED YOGA TEACHERS

3

THE PAY-IT-FORWARD PRINCIPLE

THE ONE AND ONLY REQUIREMENT OF THE
STUDENTS IS THAT THEY GIVE ONE FREE
YOGA CLASS A WEEK IN THEIR COMMUNITY

4

THE BENEFITS OF YOGA WILL SPREAD

THE PHYSICAL AND MENTAL BENEFITS OF
YOGA WILL BE SHARED ORGANICALLY AND
EXPONENTIALLY THROUGH COMMUNITIES



ABOUT US

WE STARTED YOGAMAKES

The people behind YogaMakes a difference Free Education In Yoga have a unique and deep knowledge of yoga. Caroline and Ratheesh have worked together for many years. When they met they shared the same vision that through yoga and self-awareness bring more peace into peoples minds, health into their body and by that create a more tolerant, healthy and peaceful world. They offer yoga teacher trainings, hold international workshops, organise retreats and teach at several yoga studios, prisons, schools and businesses.



ABOUT US

CAROLINE WESTLING

Caroline Westling has always had a deep philosophical interest in life and as a teenager she was inspired by her grandmother to start with yoga. She first started practicing Hatha Yoga and later on turned to Ashtanga Yoga in which she took her first Teacher Training. Finally she fell in love with sequencing and proper alignment during her Yoga Works Teacher Training in 2006. Today, she has over 1000 hours of teacher trainings from different parts of the world. She has daily guidance from her Guru Acharaya Ratheesh Mani and has practiced with some of the greatest teachers, including Maty Ezraty in the U.S



ABOUT US

RATHEESH MANI

Ratheesh Mani was born and raised in Kerala, India. As a child, he began, with his grandfather, to study the five thousand year old Indian medicine ayurveda. His childhood and home were characterized by the yogic tradition and principles. As a 14-year-old, he went alone to the Himalayas to study Vedic philosophy and yoga. Ever since, Ratheesh has taught yoga and travelled around the world, Malaysia, USA, Canada, Maldives, Germany, Switzerland, Sweden, Spain and France, to spread yoga.

COMPLETED FREE TEACHER TRAININGS



STOCKHOLM, AUG. 2013

80 People from 10 different countries joined the course in Stockholm.



BARCELONA, APR. 2014

60 People from 8 different countries attended the course set in sunny Barcelona, Spain.



BERLIN, SEP. 2014

60 people joined the free 10 day course in Berlin, Germany.

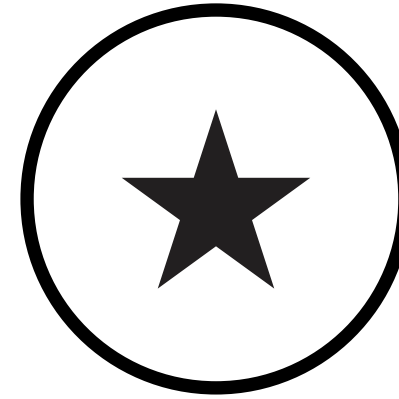
PLANNED FREE TEACHER TRAININGS

ROME, MAY 2015

AMSTERDAM, JUNE 2015

PERU, NOVEMBER 2015

SPONSORSHIP POSSIBILITIES



MAIN SPONSOR

Logo in prime location on websites

'In collaboration with' where the training is mentioned

Extensive branding at training location

Free memberships for Employees on Yogamakes.com*

One lecture at Company headquarter

2 Minute video documenting the outcome of the project

*Yogamakes.com is an online platform with instructional videos of Yoga, meditation, breathing excercises and more.

SPONSORSHIP POSSIBILITIES



LOCAL SPONSOR

BE A HOST. INNER CITY VENUES ARE NEEDED FOR A MAXIMUM OF 108 PEOPLE

BE A PROVIDER/PARTNER OF FACILITIES AND SERVICES. ACCOMODATION FOR TEACHERS AND DISCOUNTED OFFERINGS FOR THE STUDENTS ARE NEEDED.

‘Supported by’ where the training is mentioned

Free memberships on Yogamakes.com for a period of 4 months

Logo at training location and marketing assets

TESTIMONIALS

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THE COMBINATION OF RATHEESH'S AND CAROLINE'S EXPERIENCE AND KNOWLEDGE IS TRULY UNBEATABLE. FOR MANY OF THE STUDENTS IT WAS THEIR FIRST TT, BUT ALSO A MAJOR STEP FORWARD ON THEIR YOGA PATH.

MALIN SÄVSTAM, STOCKHOLM.

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THIS TRAINING WAS AN AMAZING EXPERIENCE, ONE OF THE MOST BEAUTIFUL 10 DAYS IN MY LIFE, VERY DEEP EXPERIENCE. I LEARNED SO MANY THINGS ABOUT YOGA POSITIONS AND YOGA PHILOSOPHY.

DOMINIKA WIECŁAWSKA, SPAIN

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THEIR MESSAGE IS CLEAR, SOLID AND TRUTHFUL. THE ASANA PRACTICE IS SAFE, THEY KNOW BODIES BY JUST LOOKING AT THEM AND THEY HELP YOU TO GO FURTHER FROM WHERE YOU ARE TODAY.

BELÉN VAZQUES AMARO, SPAIN

CONTACT

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