



Romy
Toussaint

YOGA TEACHER FROM
LAWRENCEVILLE, NJ

“I pivoted to a better career of making money and guiding people through habits. YHC will teach you a system that grows your career and income and transcends your impact on your clients, their families, and ultimately - the world.”

TRANSCENDENCE THROUGH PERSONAL AND BUSINESS BREAKTHROUGHS

YOGA TEACHER ELEVATES PURSUIT FROM YOGA CLASSES TO **ABUNDANCE IN PROFIT AND PURPOSE**

KEY TAKEAWAYS FROM YHC



Scalable
Business



Dynamic
Group



Strategic
Planning



Time
Management

PAIN POINTS BEFORE YHC

- Lack of organization
- Lack of project management
- Poor personal health
- Lack of alignment

AMBITIONS

- Scale business model
- Enroll new members
- Grow dynamic group
- Coach a dynamic group
- Strategic planning
- Time management

SUCCESSES

- Ability to nurture leads
- Resources to create time-saving systems
- Sound business model
- Comfort in sales conversion
- Financial sense

SKILLS GAINED IN YHC

SALES	●	●	●	●	○
MARKETING	●	●	●	●	○
STRATEGY	●	●	●	●	○
COACHING	●	●	●	●	●



WHAT UNEXPECTED BENEFITS HAVE COME AS PART OF YOUR YHC EXPERIENCE?

CONFIDENCE. COACHING

I made more money than expected! I became more organized and integrated use of a project management tool. My personal health improved and I feel more in alignment!.

WHAT WERE YOUR CHALLENGES OR CRITICAL ISSUES THAT MADE YHC ENTICING TO YOU?

“My biggest joy as YHC is the business model and the ease that the platform provides so that I can have a business plan that works”

IMPOSING LIMITATIONS ON MYSELF

"Fear that I don't know how to achieve success in my business and it's easier to stay with what I know. I limit myself with the belief that I don't know enough about technology be successful and feel a lack of support"

WHAT BENEFITS CAME FROM YOUR YHC TRAINING?

AVERAGE MONTHLY INCOME

5.5K

BEFORE YHC

8K

AFTER YHC

GROWTH. PERSONAL ACHIEVEMENT.

"Ability to nurture Leads; Resources to create systems that save time, Sound business model, Being really comfortable having sales conversations and really seeing sales as a Service; A plan for my business that makes financial sense"

YOGA HEALTH COACHING IS A COMMUNITY-DRIVEN CERTIFICATION COURSE, DEVELOPED AND IMPROVED UPON FOR OVER A DECADE, BY EXPERIENCED WELLNESS PROFESSIONALS.
AND NOW IT'S AVAILABLE TO YOU.



Patty
Hlava

MENTAL HEALTH
PROFESSIONAL FROM
TWIN CITIES, MN

“YHC offered a hope that there was a way to be in service to helping people and would also allow me to create more space to live my own life in a way that felt aligned with what I was teaching.

I feel healthier and stronger at 50 than I have at any other point in my life.”

A PERSONAL DISCOVERY OF ALIGNMENT AND NEW BEGINNINGS AT 50

SHIFTING FROM A CAREER OF HIGH BURNOUT TO
THE PURSUIT OF LEADING OTHERS IN THEIR
TRANSFORMATIONAL JOURNEYS

KEY TAKEAWAYS FROM YHC



Scalable
Business



Inspiring
Community



Strategic
Planning



Flexible Work
Arrangement

PAIN POINTS BEFORE YHC

- In a career of high burnout
- Out of alignment with values
- Intimidated by technology
- Personal health issues

AMBITIONS

- Entirely online work
- Use technology as an ally
- Work in service to others without straining oneself

SUCCESSES

- Work in alignment with values
- Healthier and stronger body
- Flexible work
- Support and inspiration from community

SKILLS GAINED IN YHC

SALES	●	●	●	●	○
MARKETING	●	●	●	●	○
STRATEGY	●	●	●	●	○
COACHING	●	●	●	●	●



WHAT UNEXPECTED BENEFITS HAVE COME AS PART OF YOUR YHC EXPERIENCE?

HEALING. GROWTH. INSPIRATION

This journey was more powerful and transformative than years of individual therapy could have provided.

The personal challenges were faced and worked through, Values and beliefs were clarified-outdated beliefs were excavated. There were fairly frequent breakdowns, each followed by equally powerful breakthroughs. It was a roller-coaster ride for which I will be forever grateful.

WHAT WERE YOUR CHALLENGES OR CRITICAL ISSUES THAT MADE YHC ENTICING TO YOU?

“ I have created a new role for myself where my schedule is my own. I found that I can work in service to helping others without needing to sacrifice my wellbeing, sleep, or values.

There were fairly frequent breakdowns, each followed by equally powerful breakthroughs. ”

BURNOUT. OUT OF ALIGNMENT.

High degree of burnout in my work seeing 30+ individual clients per week, professional role and systems in which I was working was out of alignment with my values.

WHAT BENEFITS CAME FROM YOUR YHC TRAINING?

AVERAGE MONTHLY INCOME

60K

BEFORE YHC

80K

AFTER YHC

GROWTH. PERSONAL ACHIEVEMENT.

I found that I can work in service to helping others without needing to sacrifice my wellbeing, sleep, or values. I now get to work with people around the world weekly, sharing insights and creating new meditations and experiences for them to deepen their practices--and my own as well!

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