

# FAQs: [Neuland Yoga](#) Coaching

## What's this groovy Mind-Body-Heart-Soul thingamajig all about, anyway?

Oh, buckle up! This ADHD coaching program is like a magical journey for your whole being—a turbocharged boost for your brain and body and a loving hug for your hungry heart and soul.

This isn't your usual run-of-the-mill behavioural coaching; it isn't just about fixing a few quirks—it's an explosion of transformative power!

The unique blend of

- ancient yogic wisdom,
- modern mindfulness,
- functional movement,
- physical exercise,
- Positive Psychology,

and

- trauma-informed, inclusive ADHD individual and group coaching

will have you saying, “Why didn't I try this sooner?”

## Wait, wait, wait – ADHD coaching with yoga? Isn't that like peanut butter and pickles?

Nah, it's more like peanut butter and jelly—it just goes oh-so-good together!

- Yoga and mindfulness complement my ADHD coaching, as they can work magic on your brain, helping you conquer ADHD and find your inner zen.
- At Neuland Yoga, it is not just about behaviour, but a total life transformation.
- It's about finding your inner calm, focusing your supercharged energy, and learning to dance with your thoughts. Trust me; it's a game-changer.

## What's your yoga street cred?

Hold my meditation cushion, bro.

- I've been teaching yoga for over 15 years, guiding more peeps than you can imagine – over 20,000 students in 5,000 classes. I am certified in various yoga styles and traditions, from

which I have created my signature Neuland Yoga.

- I've seen warriors, dreamers, and rockstars of all ages and backgrounds transform right on their mats!

Take a look at my ABOUT page [HERE](#) to learn more.

## **I've seen ADHD coaches, but why are you so special?**

I'm not just your average ADHD coach.

- I'm a fellow ADHDer who has ridden the roller coaster, faced the loops, and found a path to empowerment through yoga, mindfulness, and practical coaching. And now, I am here to share this genuine, first-hand experience with you.
- I deeply believe in the power of yoga, mindfulness, and coaching that addresses all facets of the human being – mind, body, heart, and soul.
- I'm not about empty promises, wishful thinking, or quick fixes; I'm all about sustainable, transformative change.

My personal journey has shown me that you can truly thrive despite the challenges ADHD throws your way.

- I've witnessed the transformational power of yoga and mindfulness. And there's science behind it! Research has repeatedly shown how exercise and yoga can positively influence brain health. It's not just a hunch; it's a solid fact backed by scientific studies. These benefits are even more profound for those of us with ADHD.

We're not talking about mystical mumbo jumbo; we're talking about tangible improvements in focus, impulse control, and emotional regulation.

I've stripped away the fluff and focused on what truly works. I've designed strategies and techniques that harness the power of yoga and mindfulness, tailored specifically for the ADHD mind.

Together, we'll ride the roller coaster of ADHD, harness yoga's transformative power, and navigate life's twists and turns with focus, resilience, and an unwavering belief in our ability to thrive.

## **So, it is not just another behavioral coaching gig?**

Oh no, I am all about shaking things up and keeping them vibrant, and I am all about the whole shebang—your mind, body, heart, AND soul.

Together, we'll follow your personal treasure map path and eventually open that chest with your hidden physical, mental, emotional, spiritual, and social potential.

## **What if I've never yogi-ed or mindfully meditated before?**

No worries, party starter! Whether you're a meditation newbie or a yogi wannabe, or if your ADHD brain feels like a maze of confetti, I've got your back (and your front and your side bends).

My ADHD-friendly approach welcomes all levels, from serene gurus to wobbly warriors.

This program is designed to meet you where you are and gently nudge you toward your personal North Star.

## **Can I really do this? I've tried a gazillion things.**

First of all, you're amazing for even considering it! That's the first step!

- I am not here to add to your list of “tried and failed.”
- This program is tailor-made for the ADHD tribe by someone who lives and breathes it.
- Let's ditch the yawns and bring in the excitement with engaging content, interactive sessions, and a community as jazzed as you are.

So, whether you've tried one thing or a million, get ready to unleash your potential with this unique blend of mind-body-heart-soul goodness.

## **Will there be a subscription or membership option? Like NETFLIX for my brain?**

Yes. (A little later than sooner, though.)

Join the ADHD-friendly Neuland Yoga tribe and get VIP access to all the good stuff—pre-recorded courses, workshops, and resources to make your ADHD heart dance.

## **How can I snag a spot in your coaching program?**

1. You have to jump on that newsletter waitlist like a trampoline champ.
2. Only a limited crew will score individual coaching; those early birds on the list get first dibs. Don't snooze, or you might lose!
3. Once the program is live: Sign up for one of the few discounted individual coaching spots.

## **When's the blast-off?**

The program launch is around the corner!

1. Join the waitlist!
2. The waitlist is your golden ticket to a world of ADHD mastery and mindfulness magic.
3. By joining the waitlist, you get into a draw for free coaching sessions and a VIP membership pass.

Last update: August 15, 2023

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