



SYLLABUS AND COURSE CONTENT
FOR
INTEGRATIVE “BRINGING MIND-SPINE
HOME” DUAL CERTIFICATION
TEACHER TRAINING PROGRAM
(7th Batch)

CONTACT DETAILS

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This dual certification CATALIST and Yoga Teacher Training is a combination of CATALIST Training Program and Yoga Alliance Yoga Teacher Training Course.

Yoga Teacher Training Course (TTC) – 200 hour Yoga Alliance Certification Program

The Teacher Training Course program designed by Journey Within is intended to provide a strong foundation on Yoga Asanas (Body) and Mindfulness (Mind) Techniques. It will equip trainees with guiding principles for own personal development and transformation by imparting Yogic wisdom necessary to be a qualified yoga teacher.

Our Yoga TTC program is especially structured to comply with the International Standard of 200 Hour Yoga Alliance Registered Program and beyond.

Our aim in teacher training is to begin with the process of imparting what we have learnt as teachers to others who are enthusiastic and passionate about what we do and on how to be a professional yoga teacher who can teach yoga in a sustainable way.

We would like to have people involved in Yoga teaching in Journey Within who are dedicated, compassionate, creative and professional in their teaching, spreading the real meaning of yoga to all people of different abilities and backgrounds.

In this Journey Within's teacher training, we wish to equip our teacher trainees with the teaching skills that will enable you to teach and practice safely, professionally and with a secure base in what you are doing. We hope to nurture you on the journey of self-enquiry, deepening your understanding and transformation of self.

We understand that most new teachers are not ready to teach at the end of the training. Therefore, we are dedicated to prepare you to go the extra miles of teaching Yoga by way of providing you a proper environment for you to begin teaching in Journey Within for a period of not less than 3 months in the hope that you will be better prepared to do so when and if you wish to teach. It may take longer time as for some of us, learning takes more time.

While practicing yoga is an art that takes dedication, consistency and teaching yoga requires a far greater level of commitments. We always hold it to be true that teaching yoga requires consistent understanding, passion, compassion, selflessness, enthusiasm and desire to progress in learning.

ABOUT CATALIST Training Program

Journey Within is seeking to promote a shift towards sustainability in the workplace by using body and mind education as a tool. CATALIST Training Program is about education for better change to create generation of happy and healthy working society.

The name CATALIST is derived from Greek word catalyst which is defined as substance that speeds up the rate of a chemical reaction. As a person, a CATALIST is someone that causes a change.

It is for individuals with significant body works and/or mindfulness interest or experience, and who have an intention to co-teach CATALIST Program in group corporate environment.

Journey Within CATALIST is someone who is committed to build a better life quality and inspire others to lead a fulfilled quality life starting from the body and towards the mind.

What to expect?

This Dual Certification Training Program is a unique blend of Body and Mind works. You will learn the content thoroughly, fully understand the science behind it and acquire a depth of knowledge to be able to elaborate on the material to meet different audiences and needs.

Learn and practice teaching skills unique to the need of the people in 21st century while gaining insight into how to best integrate your strengths and practice. Learn how to lead all CATALIST technique exercises, asana practices and mindfulness with technique, experience and skill.

Who may be interested?

We are looking for applicants who meet one or more of the following criteria:

Have certain interest / experience in body works i.e. Yoga, Pilates, personal coach etc

Have an established daily meditation/mindfulness practice

Are skilled teachers and facilitators

Ideally have experience in organizational settings and understand the unique challenges of the workplace

Are passionate about bringing mindfulness and emotional intelligence practices into corporation

Are committed to their own personal growth and teach from a place of openness, curiosity and humility

Are willing to partner with other CATALIST to co-teach (rather than solo teaching) in any corporate environment.

What can I do as a CATALIST and Yoga Teacher?

Participants who completed all sessions in CATALIST Training Program who receive certification may teach CATALIST Program to companies and organizations. Participation in Teacher Training, however, does not guarantee certification. Please note that Journey Within maintains a geography and currency specific price to ensure consistent pricing.

Yoga Teachers can register as a RYT 200 if they have successfully completed this yoga teacher training program. After completion, you are able to lead a Yoga Class in studio, private class, corporate class environment.

What support will I receive from Journey Within once I am certified?

As part of Session 5 of the program, Journey Within will facilitate continuous weekly group practice to enable continued shared learning, continued inspiration and support for you to lead quality CATALIST program and Yoga Classes and provide general referral support.

All certified CATALISTS who actively join our Session 5 will be listed on the Journey Within website.

It's important to note though that we do not guarantee work for CATALIST and Yoga Teacher and this should not be your primary intention for becoming certified. A certification review will occur at the end of the program.

If we determine that you are not ready to be certified then we will provide you with:

- An explanation as to why, including what criteria you do not meet.
- What we require you to demonstrate in order to become certified.
- Specific guidance and recommendations to help you understand what you can do to improve.

What is the entire duration of the course?

Dual certification training is a 4 months' program (for session 1 to 4) for individual.

Certifications



Journey Within's CATALIST Certificate of Completion and Yoga Alliance RYT200 will be awarded to upon completion of all sessions.

*In order to be awarded CATALIST certification, session 1,2,3 & 5 are compulsory to complete with not less than 85% attendance rate.

*In order to be awarded Yoga Alliance RYT200 certification, session 1,2,& 4 are compulsory to complete with not less than 85% attendance rate.

What is the Course Content?

Session 1 – Body-Solution Training

Level 1	Basic – Re-organising your Spine
	<p data-bbox="395 412 1337 506">Introduction to Catalyst Body Solution, language, practices and principles. Through simple physical exercises that apply pressure, you are able to recognise and release the tension trapped in your body.</p> <div data-bbox="416 510 1273 808"></div> <p data-bbox="395 837 813 869">By the end of the Level 1, you will</p> <ol data-bbox="443 875 1337 1070" style="list-style-type: none">1) Master the basic exercise to align Lower Back, Upper Back and Shoulders.2) Apply the experience of the basic exercises in sitting position.3) Understanding posture malformation and stress and tension and why and how it happens to our body.4) Know yourself and others better. <p data-bbox="395 1106 667 1137">Content of the course</p> <ul data-bbox="395 1144 1136 1435" style="list-style-type: none">- Introduction and theory- Personal history and Formation of tension- Element of stress- Theory on Posture Misalignment- How human adapt to changes through surviving strategies- Personality and Centering- Relation to gravity- Operation of Nervous system- Solid “me” theory and process of Change <p data-bbox="395 1471 641 1503">Practices you learn-</p> <ul data-bbox="395 1509 1225 1704" style="list-style-type: none">- How to attain ease and comfort in sitting position- Upper back and lower back theory and basic posture assessment- Seeing habit of shoulders- Lower and Upper back mobilising and strengthening exercises- Inversion Therapy- Relax the shoulders and aligning the arm exercises <div data-bbox="395 1704 1337 2002"></div>

Level 2

Intermediate - Re-organising your Spine

Intermediate is a deeper exploration of Basic plus new essentials. The mind-body changes since Basic. With continuous time and practice, the ability to be self-aware and self-heal grows.



You develop being quicker to self-observe (not self-judge), and are more able to apply the re-centering practices to self-correct.

By the end of the Intermediate, you will be able to gain deeper understanding on:

- 1) Experience of relaxation in the hips and its connection with the alignment with the lower back;
- 2) Connection of the head and neck, lower back and upper back deeper release;
- 3) Your own habits when facing new experience;
- 4) Know which areas of your body is preventing freedom of movement.

Content of the course

- Different types of lower back
- The energy experience
- Process of change sharing and discussion
- Moving out of comfort zones
- Entering the “new” zones

Practices you learn-

- Theory and Practical to create stability and strengthening of the structure to aid ease and comfort in Lifting, Bending and Walking.
- Bending beyond neutral in entire upper back
- Theory and preparation for rotation
- Rotation from the head and arm
- Hip relaxation



Reaching-out

CATALIST technique application

The advance level deepens your experience of the practices and principles of the CATALIST technique model. It offers the concepts, language and structure of how we share the CATALIST technique with teams, corporation, specific groups and also individual with therapy needs.



The CATALIST technique model is based on our capacity to know ourselves and to share it with others. Like any endeavour that is worthwhile, it takes commitment and effort to go beyond our personal challenges and extend ourselves.

By the end of this level, you will be able to skilled yourself to:

- 1) Understand the function of each practices, and how to use them for therapeutic needs;
- 2) Perform posture assessment for therapeutic needs;
- 3) Understanding teaching techniques and CATALIST session;
- 4) Technique of assisting, touching and adjusting.

The skills you will learn in this level includes:-

- (a) learning practical teaching observation, mainly interaction and feedbacks of the practices;
- (b) learning to progress from teaching group class to therapy type class;
- (c) keep the energy of the class going;
- (d) how to present in a way to promote the students' enjoyment of practice and their inward reflection on their body sensation and breath.



Session 2 –Mind-Solution Training

1	Oxford Mindfulness Center certified Mindfulness Based Cognitive Therapy (MBCT) by Ong Ee Lin
	MBCT integrates mindfulness meditation techniques with elements of cognitive therapy. A number of clinical trials have shown it to be a cost-effective method of reducing relapse in people who have suffered repeated episodes of depression. In the UK, it is now being used

to help persons with chronic fatigue, health anxiety, eating disorders, as well as people who are recurrently depressed and suicidal. Its efficacy for a broad range of UK National Health Service outpatients with mental health conditions is being explored. The programme will offer professionals and the public an opportunity to experience this evidence-based approach for themselves. Participants will have:

- Direct personal experience of mindfulness meditation practices
- Opportunities to reflect on and discuss experiences with one another and the course teacher
- Opportunities to discover ways to let mindfulness be part of daily life and work.

Mindfulness trains one to focus on what is happening in the here and now with intention and openness to experience. This heightening of the awareness of the nature of our mind over time allows one to develop greater freedom to respond intentionally rather than reacting automatically to life. Cultivating mindfulness has been associated with improvements in physical, psychological, and emotional health and greater appreciation of life.



3 Mastery of Personal Mindfulness Practice

Based on the book Practical Attention System, this session has wide application of mindfulness and maintains both psychological and spiritual depth. This session will certainly deepen your own meditation training and prepare you to skilfully teach and guide others.





You will:

- master the art of meditation, grow and deepen your meditation path
- Learn how to teach meditation
- Learn to differentiate different meditation techniques
- Learn how to develop your own practice progressively.

This is going to be an extraordinary training and experience. By doing your own meditation work and then by helping others do the same, you will be making a significant contribution to the evolution of your own being as well as helping to create better change in others.



Session 3 – CATALIST Enhancement Skills

1	Counselling, Communication, Teaching and Presentation Skills
<p>" 在一对一的关系中, 当其中一人被难题所困, 自己无法应付, 需要另一个受过专业训练的人來协助他, 好让他走出困境 " Hahn & Miton 如是解说谘商辅导.</p> <p>谘商辅导是一门科学, 也是艺术, 由林明申导师主领的沟通与谘商辅导技巧两天课程, 是尘中人专业培训必备内容, 当尘中人在企业公司里服务时, 必然会碰上个别个案面对心理, 情绪, 压力等困境, 当个案在未掌握正念能力自助之前, 尘中人给於沟通与谘商辅导是必需的.</p> <p>这两天课程其实是导师廿多年执业心理谘商辅导, 对超过上万个案服务的实战经验总结, 是一套综合辅导技术, 主要内容包括 " 七步精华 ", 是以多年实务经验结合短期谘商模式为主轴, 辅以基础谘商技巧, 焦点技术, 叙事问话和意义疗法等各大心理学派综合精粹而成的一套非常实用有效, 又简单能快速上手的短期谘商模式, 故称 "七步谘商辅导精华".</p> <p>因此, 这套七步精华除了为尘中人专门而设, 同时也非常适合所有助人義工, 在职注册心理辅导师, 心理治疗师, 甚至是精神科医师学习, 完全可以增强他们现有的辅导技巧与提升深层心理知识的了解.</p> <p>同时, 这培训也非常适合一般有意愿增强生活上人际关係, 如伴侣, 孩子, 父母, 亲友, 同事等的人士加以参考并掌握七步精华的完整技术, 为自己生命添加光彩与力量, 也为对身边所珍惜的人產生永恒内在联系.</p> <div data-bbox="292 1037 772 1308"></div> <div data-bbox="890 1037 1254 1308"></div>	
2	Mind-Solution for Leaders
<p>Through simple physical exercises that apply light pressure, you are able to recognise the patterns that arise when you are in intense situations.</p> <p>Once you are familiar with your patterns, you apply centering practices to shift to a more creative, compassionate and skillful state.</p> <p>You will learn to:</p> <ul style="list-style-type: none">• Shift to an open relaxed and centered state while under pressure.• Cultivate the body of a leader. <div data-bbox="252 1749 619 2016"></div> <div data-bbox="831 1749 1193 2016"></div>	

3 Facilitating Mind-Solution at Workplace

We help you train executives, leaders and employees to better understand themselves and work well with others—essential tools for productivity and happiness using tested activities, actual real experience for lasting impression:-

- Facilitating mindfulness sessions for reconditioning of mind;
- Building personal coping strategies toolbox;
- Understanding and being accountable for own mental health to address stress, depression, low motivation for work, high turnover etc.



4 Group Facilitating Skills

Skilled teachers create safe space for people to contribute, so more people feel they can participate. In this session, we learn how to get the group's energy up - important to help people involve in the topic of discussion fully. It can be as simple as having a physical activities, or maybe a simple game.



Section 4

Yoga Asana Fundamentals


A MICHELLE TAI



1	Practical Alignment Principle	
	Description	Learning Objectives
	<p>We cover learning of techniques, training and practice of proper alignment for the main group of asanas : inversion, twist, standing, forward bend, backbends, seated poses, relaxation practices to get the body back to alignment.</p> <p>How to create a stable foundation on all groups of asanas. For example for standing asanas, the focus should be creation of support from legs, spine, arms and head.</p> <p>How to establishing the attitude and awareness of equanimity as they feel the connection of body, mind and spirit.</p>	<p>Students will be guided to in, stay and out of asanas in a safe, comfortable, effectively get the full benefit of the poses.</p> <p>When postures are done correctly, it will create space and energy in the body for total experience of active relaxation</p>
2	Body Structures (Anatomy) and movement	
	Description	Learning Objectives
	<p>1) Identifying habitual postures and movements and understanding that those habitual patterns are form during childhood and are shaped by our experience.</p> <p>In contrast with children, adult movements are more automatic and habitual, less flexible and tend to shut us off from the outside world. Reason as to why adult body have diminished potential for movement.</p> <p>2) Learning about the body major structure including body parts, skeleton, joints and muscles and how to apply movements in Yoga in harmony with body structures.</p> <p>3) Looking closely at the major joints in the body, including structures and movements. From the basic of our body:</p> <p>the Feet, the knees, the pelvis, the abdominal core, the spine, the shoulders, arm and hand.</p> <p>4) Learning postural muscles and body skeleton and how to find the gravity point of the postures.</p>	<p>1) Student will learn a set of habitual postural habit in adult body that is the main cause of posture hazard and the practical alignment principle that will change the negative effects of habitual posture and movements and restore the body to its natural balance alignment through asanas.</p> <p>2) This is important for the students to accomplish the full range of yoga movements applying connection and positioning between all body parts such as head, neck, upper back, lower back, pelvis and legs.</p> <p>3) Student will learn movement chain by connection of body parts and how to correct malformation of the body posture.</p>
3	Teaching asanas-Hatha Style	
	Description	Learning Objectives
	<p>Emphasize is on the training of the asanas practices explaining the benefits, risks, contradictions,</p>	<p>(a) equipped with practical knowledge on where to focus visual attention; (b) how to give adjustments;</p>

	<p>anatomical alignment principles, modification variation, usage of props.</p> <p>We emphasise on the usage of props, such as blocks, scraps, chairs, CAT props, headstand bench, backbender to provide safe way to get in and out of the pose. For many practitioners, this is the preferred way to achieve active yet effortless relaxation in the pose.</p> <p>In a practical way, the style of teaching always involve setting up a set of preparatory poses to prepare the body for deeper practice.</p>	<p>(c) How to support students with modification; (d) how to provide variation for individual students.</p> <p>Student must be equipped the way to move and identify blockage of the body that prevent free movements.</p> <p>Students will learn on how to creatively form a set of preparatory poses for opening of specific parts of the body and for strengthening the core.</p>
4	Techniques and tools in teaching yoga	
	Description	Learning Objectives
	<p>Addressing teacher's responsibilities and proper attitude in Yoga teaching. Learn to teach a basic beginners class and aim towards multi-level class. Challenges students may feel when teaching Yoga and how to inspire and guide beginners along their path in Yoga.</p>	<p>(a) learning practical teaching observation, mainly to see and guide students in their practice (b) learning to progress from teaching 1 student to a small group and mix group; (c) maintain awareness on what is happening to each and every students and keep the energy of the class going; (d) learn proper intonation of voice- should be loud enough for the students to hear yet not too loud where it disturb the students enjoyment of practice and their inward reflection on their body sensation and breath</p>
5	Instruction in asanas	
	Description	Learning Objectives
	<p>Addressing the importance of teaching asanas systematically, creative sequencing, theme of the class. Acknowledge own limitation and ability and teaching from experience.</p>	<p>(a) leaning positioning and demonstration How to effectively demonstrate asanas/movements. Suitable pace, not too fast, not to slow; (b) Refining asanas How to give refinement for attentiveness in order to deepen the pose; (c) giving adjustment Safety aspect and right use of strength and energy when adjusting students in order to correct their poses and to deepen the experience in the pose.</p>
6	Ethics for Yoga Teachers	
	Description	Learning Objectives
	<p>Include teaching of the primary roles of yoga teachers, showing students towards the yogic pathway. Through active discussion and sharing on how to create a space for self-exploration and transformation, students will be encouraged to move towards a more holistic approach when teaching asanas, to have the basic quality of a</p>	<p>Students will be equipped with the heart to show the Yogic pathway through their own practice and teachings. Doing practice and teaching it with inspiration, knowledge, skill, patience, compassion and creativity. Understanding that Yoga is not a goal, and teacher only act as facilitators that guides every students along every students' unique path as it evolves.</p>

	teacher from the starting point of teaching.	
B	DENNIS KOH	
		
	Date : 11th and 12th April 2020	
	Applying Dynamic to Biomechanics	
	<p>Introduction to Kinematic and Kinetics Concepts for analysing human motion (Fundamental of Kinetics Chain to movement-in-motion)</p> <ul style="list-style-type: none"> • Movement Patterns – Exploring the Essence and Purpose of Movement Analysis • Qualitative Analysis of Sports Movements • Movement Patterns and the Geometry of Motion • Quantitative Measurement and Analysis of Movement • Forces and Torques – Causes of Movement • The Human Body and the Anatomy of Movement <p>The understanding of Kinetics move-in-motion and alignment in yoga is one of the notion that these joints and segments have an effect on one another during movement. When one is in motion, it creates a chain of events that affects the movement of neighbouring joints and segments.</p> <p>The primary goals (inspired by CAT & CAY)of Kinetics Alignment focused on eliminating kinetic chain deficits, and soreness should follow a proximal to distal rationale where lower extremity impairments are addressed in addition to the upper extremity impairments.</p> <p>Kinetics Alignment is a logical progression focusing on flexibility, strength, proprioception, and endurance with kinetic chain influence is recommended.</p>	
C	LEE SWEE KEONG	
		
	Date : 4th and 5th April 2020	
	When Yoga meet dance is a mind-body combination movement that has emerge from Swee Keong's 30 years of spiritual practice and his professional work as a dancer,	

	<p>choreographer, dance teacher and Yoga instructor. It's a sharing of very unique blend of Yoga and Dance.</p> <p>Also he will teach Chakra opening session and Kundalini development with prana/qi which derived from ancient Tantric Yoga.</p>	
D	<p>CALVIN ONN</p> 	
	<p>Yoga Philosophy</p>	
1	<p>Yoga philosophy, Wisdom and Roots of Yoga</p>	
	<p>Description</p>	<p>Learning Objectives</p>
	<p>Covering the study of the history and ancient text of Yoga, Yoga Sutra of Patanjali and towards New Age philosophy.</p> <p>The development of Yoga that comes from the variety of sources including the ancient texts, lineages, cultures etc.</p> <p>Covering Yoga Sutras of Patanjali - the eight limb path or ashtanga yoga</p>	<p>Students will be able to understand the essence of Yoga practice.</p> <p>Why they practice Yoga? Why will the practice benefit students as an individual. Provide strong grounding on Yogic Wisdom.</p> <p>In looking clearly at the foundational literature of Yoga that form the basis of traditional Yoga, students will be encouraged to pause and reconsider the relevance and practical application of the Yoga practices and its teachings in modern world.</p> <p>Yoga Sutras of Patanjali are towards cultivation of one's path to Samadhi, a state of Oneness.</p>
2	<p>The Subtle Body</p>	
	<p>Teaching the Three Bodies and the Five Sheaths. Definition and meaning of prana. Suttle body awareness in mind-body-breath connection.</p> <p>Introduction to subtle channel of the body called Nadis, Bandas, Chakras.</p>	<p>(a)to awaken the whole body as a whole in balance and awaken state;</p> <p>(b)guidance on how to move into subtle energy and experience wholeness, inner peace and bliss in asanas.</p>
3	<p>Meditation and yoga ethic</p>	
	<p>The purpose of practicing the asanas and pranayama is always to prepare students for formal meditation practice. It is the ultimate aim of Yoga practice.</p> <p>Addressing meaning of Patanjali's path of meditation; pratyahara, Dharana and Dyana.</p> <p>Teaching proper meditation techniques and aim of meditation</p> <p>The reason why we practice this level of meditation is that it is not the external object that is important, if we can transform our minds, the external object will not have power over us</p>	<p>(a) proper seat in centering and meditation;</p> <p>(b) guided meditation technique;</p> <p>(c) obstacles in meditation and how to overcome it.</p>

Section 5

On-going support from CATALIST community

We reach into the CATALIST community for support and training, and beyond - into the greater community of people we share our findings and are committed to empowering.

Participate in the evolutive lifelong research and practice of CATALIST technique, with Michelle Tai, together with a dedicated community. We support growth *internally* - through group and personal practice, and *externally* - through assisting CATALIST in coaching individuals, groups and teams.

In this support group, we have

- Weekly group support
- Practical Teaching chance for trainees
- Monthly group meeting and support
- Free attendance of Yoga classes in Journey Within for the entire duration of the trainings and teachings.



“HEAR WHAT OUR CLIENTS AND EX-GRADUATES SAY ABOUT OUR PROGRAM”

Words from our client after session of Catalist program

See Yee

“Good night, may you be well and happy always. Thanks a lot for your guidance and help...otherwise I still suffering from the pain...you all help me a lot”

Rose

“Thanks Michelle for the session today. Really appreciate it and I feel some difference although not sure how to put it in words. But it’s something like my feet feel more grounded when I walk. Looking forward to next week.”

Foo

“No more pain, feels like the back muscle is stronger. I brisk - walk faster with "lighter" limbs. Feels like my back is straighter.stomach flatten. In fact i planned to lose weight since last year, successfully lost 3kg in one year. After joining your class, feels more healthy.”

Jezz Ng

“I’m a yoga instructor before I get pregnant and after becoming a breastfeeding mother I have stopped practicing yoga and becoming a hunchback person and having shoulder, neck and back pain. Thru Catalist course I understand how to bring my spine back to neutral position and maintaining some spine care techniques by self practice. I love MBCT course as well, it brought more awareness to my daily activity. Thanks to these Courses and the main tutor Michelle Tai, it gave me more than what I expect.”

Sukhpreet

"..my experience today has been very interesting. Once I went back to work my whole spine area and muscles were very painful and sore, was a little worried as I had to work till late tonight but then after a few hours it sort of adjusted itself and now I feel light and good, no more aching at all. Today's exercise was really good."

Lay Hoon

"Woke up today no more pain."

Racheal

"My sore back problem disappeared too! Luckily I pushed myself to attend CAT yesterday. Very effective"

Mei Lee

"Amazing CAT. Thank you teacher. Numbness is gone. 好舒服哦! Yesterday I told my boy friend u felt numb on left whole body. What he said 唉哟有中风的前兆"

Janice

"在这个十月份里，我都一直病，虽然伤风咳嗽，就一直反反复复！近期也胃酸不断，很难入睡。我心想妳一直提起在 Catalist 调理过程会不停释放毒素，情绪。我想我的不舒服也许是因为这有关系吧！心理生理其实都蛮难受的，蛮累的老实说。。。但我还是喜欢來上课，来安静下來"

Justlife staff

"I am feeling better today, no more pain, thank you very much for all the help."

Justlife staff

"Michelle, today both back spine and head feel lighter after this morning session."

Justlife staff

"I sweat a lot. And I can feel today sitting posture more straight and comfortable. It's nice"

Justlife staff

"Morning teachers, I feel different in my breathing today morning after woke up. So refreshing with the oxygen coming in. But the back muscles still sore, still ok I welcome the pain as a good sign."

Thian Mei

"其实我真的很感恩🙏感谢公司让我们能上那么好的正念和 Catalist Programme，正念让我容易看到自己，情绪來的时候我很快可以平伏回來看回自己，每次上完回路上都会跟老公分享，自

从上 Catalist Programme 后好像从头到脚是没有不痛的地方，尤其是腰，痛到要 MC，但我还是喜欢上，因为我相信 Michelle 而且也看到她对我们的用心，现在我老公也去上课了，他本身是有坐骨神经痛问题，已经十多年了，从认识他到结婚我不知陪他看过多少中西医，最后选择放弃不看了。最近他说走多一点路一双脚从腿慢慢痹着下，我一劝他去上一堂课后，他就深深感受到那种说不出的好，所以真的很谢谢 Calvin 和 Michelle🙏我和老公都非常感谢您们！
😊”

Shirene

I used to slouch and sprawl at my office desk for 8 to 16 hours a day. It was agonising for my spine, since I also have moderate scoliosis, and for my mind.

Now my office is at home and in the garden. Although a gardener is looked upon as too lowly an occupation for the "educated", I have far better spinal and mental health now than when I was doing more glamorous desk jobs. The daily routine of movement in nature is energising for the body and soul, and mobilising for the spine.

[Michelle Tai](#) has taught me to use and move my body more intelligently and compassionately when I do work in the garden. I still injure myself every now and then from heavy-lifting and over-exertion, but I get the support I need to recover and be more resilient.

If you are slouching and slogging in pain, go and see the spine teachers and therapists at [Journey Within - Body&MindSolution.CATalist](#).

Write-up from our ex-graduates

SUESAN – First Catalist, graduate from batch of 2018



“Feel really grateful and thankful that I have an affinity with Journey Within Studio, I started to teach in this studio since 2013 as a yoga teacher, seeing and growing together with this studio made the relationship even closer.

Start to get in touch with CAT three to four years back, picking up the techniques bit by bit, till the year of 2018, I committed myself in Catalist teacher training course, I able to heal my physical issues (lower back pain) that borders me for many years that I think that is impossible and experience self awareness in a different level. Able to notice the rises of my thoughts and emotions, made me become a happier, joyful person and able to express myself. Also, as a

CATALIST we work as a team, I get tremendous support from Michelle, Calvin and my lovely work maids in the aspects of healing and teaching skills, I no longer feel like a lone ranger.

Would like to said thank you again to Journey Within that colours my life with all wonderful bright colours and wish to walk together with JW under the foot steps of love giving and awareness in the near future.

Namaste.”

Jezz Ng – Catalist and graduate of 2018



“I am a Yoga Instructor before I got pregnant and after becoming a breastfeeding mom I have stopped practicing Yoga and developed hunchback and thus having shoulders, neck and back pain issue. Through CATalist Training course I understand how to bring my spine back to neutral position and maintaining spine care self-practice technique. I love MBCT course as well, it brought more awareness into my daily activities. Thanks to these courses and the main tutor Michelle Tai, this course gave me more than I expected.”

ANI YESHE – batch of 2019



“🌹🌹🌹🙏 A BIG THANK YOU TO OUR lovely teacher: ♥Michelle Tai for empowering all of us the♥ Critical Alignment Terapy and it's application in building up a healthy posture in daily life and enhanced with proper yoga posture for a healthy spine. backbone alignment and hips and hands and head connection to our skeleton backbone is so important for our healthy body and Also Healthy Mind. Trauma and stress from the pass might store up hiddenly in our body called subtle body which can not be seen but can be Feel with Awareness. CAT help us to open up this hidden feelings and if we can meet them with Awareness and Love , all the fear, anxiety, sadness will be open up and meditate with awareness or with you, and the

emotion transformed itself and you basically just allow it to transform in the openness of awareness moist with love and wisdom.

That's why JOURNEY WITHIN STUDIO founded by Calvin Onn Yee HAN and [Michelle Tai](#) created such a complete Journey Within programme ~Body and MindSolution. CATalist. That's CAT WITH MBCT (mindfulness Based Cognitive Therapy) Yoga teachers training programme in Journey within studio.

I benefitted from this programme and strongly recommend everyone who is looking for mental and body health as a gift 🎁 of life.

And whoever interested to take yoga as a profession. As this is Beyond yoga, it's A Life rooted in a health mind and body which has the fragrance of self healing.”

LYNDA-ANWAR - graduate of 2018



In this life, for different reasons and purposes,
one must travel many journeys.

In some, you'll be lucky to have the companion in sufferings.

Yet some must be travelled alone.

Be that or otherwise, most importantly is the Journey Within that matters.

n.b : This is another journey to walk through, with many in between n within. To Michelle & Calvin, and ShanShan, thank you for accepting me unconditionally. To my companions on this journey, thank you for the support and compassion. We shall walk through this together. This is our journey.

Susan Leow – Studio Owner and graduate of 2019



“I would like to express my sincere appreciation and a BIG Thank You to Calvin and Michelle for this wonderful training program. I am glad that I could participated the training. Nice to meet a bunch of great friends here and thanks for all your support given.

Personally, I have benefited so much from this training. Both mind and body healing and coaching from all the trainers have touched me deeply. I get to know my body as well as myself even better. As a qualified yoga teacher as well as Catalyst, I wish to share this great combination of body and mind healing technique to more people.”

YAN HOON – SOCIAL WORKER AND GRADUATE OF YEAR 2019



“I completed the Catalyst Program. Thank you to both the teachers, Michelle Tai and Calvin Onn, who teaches from their hearts and are very kind person. I also admiring their passions in doing what helping others.

I enjoyed myself very much during each of the session during the program, with the lovely friends who are willing in working on taking care of our own beings (both body and mind).

I recalled, without much knowledge about CAT, i started the program with lack of confidence if my body can work through the exercises. However, through out the whole period of learning the CAT exercises, each time when my body faced challenges or in pain, those were the opportunities for me to listen to my body and observed closely what's playing in my mind, I learnt so much about my body and it helps heighten my self-awareness.

I also appreciated all the experiences during the Mindfulness practices, the Retreat, the Psychology class, the MBCT 5-days and 8-weeks' courses, those were unforgettable experiences, which kept reminding me on travelling my way home, a place that all beings are longing to.

Journey-Within Studio is a place that once you step-in, you feel comfort and safe, I would recommend friends to participate in any of their programs.”

THANKS FOR READING