

De Old Soul



THE YOGA TEACHER'S SECRET PLAYBOOK

EVERYTHING THEY DON'T TELL YOU
IN REGULAR TRAININGS

WWW.DEOLDSOUL.COM

FOR THE SOUL-CALLED TEACHER
BY NITIKA NARANG



To every woman (and the rare, quiet man) who has ever
felt the whisper “You were born to guide others back to
themselves.”

This is for you.

The world is waiting — gently, patiently, hungrily — for
teachers who teach from the bones.

A quiet confession before we begin

I am not a yoga teacher — yet the universe keeps putting me in rooms
where ancient wisdom is spoken aloud.

Certified in Reiki and Mindfulness, I have felt energy move through my
hands long before I dared call myself a healer.

For years I stayed quiet, holding space in the background, learning,
listening, preparing.

Now the time has come.

In February 2026 I open the doors of a renovated luxury farmhouse
nestled in the rolling Flemish hills of Ronse, East Flanders.

Two luminous teachers from Punjab — Sanjeev and Kavita Tyagi — are
flying in to transmit what cannot be learned online.

Until then, this Playbook is my gift to you.

Read slowly.

Underline what makes your heart race.

Come back when you're ready.

Your place will still be here, waiting for you to step into your purpose.

With love & incense smoke,

Nitika

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Chapter 1

The Lie We All Believe

There is too much yoga in the world.

There are too many teachers.

Nobody will come to my classes.

I believed it too – until I invited Sanjeev and Kavita Tyagi from Punjab to a renovated luxury farmhouse in the Flemish hills and watched spots fill in days with a waitlist of 20 souls.

The truth is gentler: There is too much noise.

There is not enough depth.

People are starving for teachers who have been broken open and rebuilt by fire – teachers who spent 25 days living yoga instead of scrolling about it.

Chapter 2

“You’re Not Flexible Enough” and Nine Other Myths That Must Die

Myth: You must be able to fold yourself into a pretzel before you can teach.

Truth: The asana is the smallest petal of the flower. I have watched a 54-year-old woman with two replaced hips become the most requested teacher in Brussels because her savasana made grown men weep. Flexibility of heart > flexibility of hamstrings.

Myth: You need to be vegan, sober, celibate, and glow like a Himalayan sunrise.

Truth: You need to be honest when you fall short. That honesty is the real radiance.

Myth: Only people born in India can teach authentic yoga.

Truth: Yoga left India on purpose. It was looking for your expansion into the hearts of the soul, be it India, Europe, or anywhere in the world. Yoga lives in the hearts and dances with the rhythm of the soul, not bound by the flesh you are born in.

Myth: The world is saturated—there are too many teachers.

Truth: There are too many classes. There are not enough circles where someone feels truly seen for the first time in years.

Myth: You have to quit your job tomorrow to follow this path.

Truth: Some of the deepest teachers I know kept their corporate badges for two more years while the seed quietly split open underground. The lotus grows in mud.

Myth: You’re too old (or too young).

Truth: I have seen a 24-year-old hold space like an ancient grandmother and a 53-year-old discover her first handstand. Age is just the costume the soul chose this time.

Myth: A “real” training must be in India to be legitimate.

Truth: The Ganges now flows through beech forests in East Flanders when the right teachers are flown in and the hearts are ready. Geography bows to intention.

Myth: You must already know Sanskrit, philosophy, and anatomy inside out.

Truth: You must only be willing to fall in love with them. Curiosity is the only prerequisite.

Myth: If you feel imposter syndrome, you're not ready.

Truth: Imposter syndrome is the smoke that proves the sacred fire has been lit inside you. We simply teach you how to tend it.

Myth: Teaching yoga won't pay the rent.

Truth: Teaching shallow yoga won't. Teaching from the depth of 25 days of lived practice, from a nervous system that has been rewired by lineage—people will cross oceans and empty savings accounts for that. I have watched it happen.

Let these myths dissolve like morning mist over the Flemish hills.

What remains is the quiet, undeniable truth:

You were born for this.

The only question is
how gently—or how fiercely—you are willing to answer the call?

Chapter 4

Imposter Syndrome: The Sacred Fire That Refines Us

Every single woman (or man) who has ever sat with this feeling, has cried or doubted on night three.

Not from physical pain.

From the terror of “Who am I to guide anyone?”

Imposter syndrome is not a bug in your system.

It is proof the work is real.

Here is what the masters told us around the fireplace:

“The day you no longer feel a flicker of impostor is the day you must stop teaching.”

Chapter 5

Money, Worth & the Delicate Art of Being Paid to Hold Space

I was terrified to charge for healing. Reiki, mindfulness, now creating a training – every euro felt like I was selling something sacred.

Then someone very close to me said something that broke the spell: “If you refuse to receive, you rob the giver of their karma.”

Money is not the opposite of spirituality. Money is prana in paper form. Most new teachers under-charge because they are still healing their own worth.

Most students happily over-pay the teachers who have done that healing. In our 25-day immersion you will sit in circle on night nineteen and speak your deepest money wound aloud.

Sanjeev Ji will listen without judgment.

Kavita ji will place her hand on your back and remind you that Lakshmi (Goddess of Wealth) and Saraswati (Goddess of Education) are sisters, not enemies.

By the time you leave the immersion, you will know exactly what to charge for a private session, a group class, a retreat – and you will say the number without flinching.

Because you will have felt, for twenty-five straight days, what it costs to hold eighteen souls in transformation.

And you will know, bone-deep, that your worth was never the question.

Chapter 6

The Lineage Question — Do You Need to Be Indian to Teach Authentically?

I asked SanjeevJi this exact question the first time we spoke.

I am Punjabi by blood Even I felt the tremor: “Who am I to bring teachers from India to Belgium?”

He laughed – the kind, deep laugh of someone who has heard this fear a thousand times.

He said:

“Yoga left India on purpose.

It packed its small suitcase and walked across oceans because it knew it would live in Belgian grandmothers, Dutch accountants, Canadian nurses.

The tradition is not fragile.

It is intelligent.

It chooses its next carriers.”

Lineage is not skin colour or passport.

Lineage is transmission – heart to heart, bare feet to wooden floor.

When you spend twenty-five days receiving adjustments from Sanjeev’s lineage hands, eating food that carries the taste of India and Europe at the same table... you become the next living branch.

You do not steal the tradition.

The tradition claims you.

And the world is waiting for yoga in your accent, your stories, your particular flavour of love.

Chapter 7

How to Choose the Training That Will Change Your Life

The 21-Question Self-Inquiry Every Aspiring Teacher Deserves

Before you invest twenty-five days and your heart, pause.

Light something that smells like home.

Ask yourself these questions slowly, out loud if you can.

Let your body answer.

A “yes” that makes your chest expand or your eyes fill is the only vote that matters.

- Do I long for a tiny cohort – eighteen souls or fewer – where I will be truly seen and never just a number?
- Do I want teachers who fly in from India solely for this circle, so every teaching comes straight from the source?
- Am I ready to live yoga fully – waking, eating, practising, crying, sleeping under the same roof for twenty-five unbroken days?
- Does my heart light up at the thought of a renovated luxury farmhouse with fireplaces and skylights instead of a hotel room?
- Do I crave simple, delicious vegetarian food that feels like both Punjab and the Mediterranean are hugging me at every meal?
- Would I love to learn from a married Indian couple who have taught side-by-side for decades – the perfect balance of shiva and shakti?
- Do I want daily hands-on adjustments from lineage carriers who learned from their own gurus’ hands?
- Do I want to taste traditional Ashtanga, slow Hatha, and deep Yin so I can teach any style with quiet confidence?
- Do I dream of chanting Sanskrit every morning until the vibrations live in my cells?

- Do I yearn for the Yoga Sutras to be whispered verse-by-verse around a fireplace, not rushed through slides?
- Is a full day of silence something my soul is begging for?
- Is trauma-informed language and nervous-system care non-negotiable for me?
- Am I ready to sit in circle and speak my money fears aloud so I can charge with ease when I leave?
- Do I want mentorship – not just a certificate and goodbye?
- Do I want to graduate with my own signature sequence that already feels like home in my body?
- Do I dream of belonging to a private graduate family that never expires?
- Does the thought of practicing in soft Flemish hills where the veils feel naturally thin make me catch my breath?
- When I imagine the closing circle – arms around new sisters (and brothers), tears flowing, hearts wide open – do I already feel myself there?

Count the yeses. Feel them in your bones.

If your body is already leaning forward, whispering “This. This is it,” trust that feeling.

The right training is never found by logic alone.

It is recognised.

Wherever it is waiting for you, walk toward it slowly, barefoot, heart first.

If you feel a quiet tug toward a farmhouse in Ronse that begins on 22

February 2026, I will be there.

www.deoldsoul.com

Chapter 8

A Day in the Life of a De Old Soul 25-Day Immersion That Will Change You Forever

A Day in the Life (So you can already feel the rhythm in your bones before you arrive)

The schedule below is the gentle heartbeat of our 25-day immersion. It never changes. After three days your nervous system will sigh with relief because, for the first time in years, there is nowhere else to be.

06:30 – 08:00 Multi-Style Morning Asana Sanjeev or Kavita (or both) will meet you on the mat while the Flemish hills are still wrapped in mist. One day precise Ashtanga vinyasa, the next day slow, devotional Hatha flowing into deep Yin.

08:10 – 09:00 Pranayama & seated meditation.

We breathe together until the mind becomes very, very quiet.

09:00 – 10:00 Breakfast Warm aloo paratha appears beside Mediterranean bowls of hummus and roasted vegetables.

We eat slowly, mostly in silence, sometimes laughing when someone's stomach gurgles in Sanskrit.

10:00 – 11:00 Anatomy & subtle body when the teacher draws bandhas on the blackboard so you finally feel what “mula bandha” actually means.

11:15 – 12:15 Yoga Philosophy We open the Sutras and let the verses land in the heart, not just the head.

12:30 – 13:30 Lunch .The food is always vegetarian, always delicious, always enough.

13:30 – 15:30 Self-study, journaling, or napping in the hammocks

This is sacred empty space. Many people say the real training begins here, in the softness of doing nothing.

15:30 – 16:00 Tea, fruit, and gentle chatter

16:00 – 17:30 Multi-Style Afternoon Asana Teaching practice starts gently on day four. You will stand at the front of the room long before you feel ready – and discover you already are.

17:45 – 19:00 Dinner Lighter, warmer, slower. The kitchen smells like family.

19:00 – 20:30 Meditation, kirtan, or Karma Yoga Sometimes silent.

21:00 Lights out

Repeat for twenty-five days.

By day ten you will forget what day of the week it is.

By day eighteen you will teach the morning practice with tears rolling down your cheeks.

By day twenty-five you will not want to leave – and you never really will.

This is not a schedule. It is a remembering.

The door opens 22 February 2026.

Chapter 9

The Starter Kit Bonuses and Closing

Your De Old Soul Starter Kit includes:

1. 21 Journal Prompts for the Aspiring Teacher (printable PDF)
2. “The Doubt Dissolver” Worksheet – turn every fear into fuel

To receive everything instantly, go gently to www.deoldsoul.com

If you have read this far, something inside you already knows.

The doubts will still whisper.

The world will still feel loud.

But underneath the noise, a quiet voice has been saying the same thing for
months, maybe years:

“It is time.”

Time to stop preparing and start arriving.

Time to let the lineage choose you.

Time to trade scrolling for skylights, likes for living teachers,
someday for 22 February 2026.

Eighteen mats are rolled out in a renovated farmhouse in the gentle Flemish hills.

One of those eighteen mats does not have a name yet.

But it already carries the shape of your bare feet.

When you are ready – truly ready – come home.

Until then, breathe slowly.

Nitika Narang

De Old Soul Belgium

www.deoldsoul.com

22 February - 18 March 2026

25-Day Residential 200-Hour Immersion

Ronse, East Flanders, Belgium

Traditional Indian lineage

Intimate cohort of 18 | All inclusive



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