

KAIUT YOGA

REGULAR CLASSES AT
THE OFFICIAL SCHOOLS

CLASSES IN SÃO PAULO
WITH FRANCISCO KAIUT

THE TEACHER'S PATH

INTEGRATING BODY,
METHOD, AND LIFE



HOW CAN I DEEPEN MY
KAIUT YOGA PRACTICE?

Francisco Kaiut

SURRENDER
to Nature

HONEY ISLAND
ILHA DO MEL

ALL-INCLUSIVE KAIUT YOGA RETREAT - MARCH 23 - 27, 2026
RECONNECTING WITH NATURE AROUND YOU – AND WITHIN YOU.

Teacher training course

MARCH • 2026

Join us on this journey
of SELF-DISCOVERY

KAIUT YOGA
INTERNATIONAL
CERTIFICATE
362 HOURS

e-mail: ravi@kaiutyoga.com
whatsapp: +55 41 99860-6408

Table of Contents

- 1 ● Introduction — The Path of Deepening
- 2 ● Regular Classes at Official Schools
- 3 ● Classes in São Paulo with Francisco Kaiut
- 4 ● Kaiut Yoga Intensives
- 5 ● Kaiut Yoga Retreats
- 6 ● The Teacher's Path
 - Certified Teacher
 - Associate Teacher
 - Licensed Teacher
- 7 ● Conclusion — Integrating Body, Method, and Life

1. INTRODUCTION

Deepening your Kaiut Yoga practice is much more than taking more classes or achieving complex poses. It is a process of profound reorganization of the body and nervous system – a transformation that happens from the inside out. In the Kaiut Method, real progress is not measured by how a posture looks but by the quality of perception, inner stability, and the freedom that gradually returns to body and mind.

Each class is a study of oneself. Rather than pursuing performance, Kaiut Yoga works through the joints and deeper structures, restoring natural mobility and the communication between brain and body. This reconnection creates a foundation for healthy aging, emotional regulation, and physical vitality. The practice becomes a tool to reorganize the nervous system and allow the body to operate at its original potential.

But deepening does not happen randomly. It depends on context, consistency, and guidance that translate the method into lived experience. That is why Kaiut Yoga is organized as an ecosystem – each element with a clear purpose, all interconnected to offer a complete journey: from regular classes at official schools to classes in São Paulo with Francisco Kaiut, from in-person intensives to full-immersion retreats. And for those who feel called to teach, there is also the teacher-training path, with different levels of engagement and responsibility.





To deepen is to integrate. It means uniting perception, practice, and understanding. It means returning to the body with curiosity, dissolving rigidity patterns, and awakening new possibilities of movement and sensation. When this integration happens, the body ceases to be an obstacle and becomes the instrument through which learning occurs. The practitioner realizes that every class is part of a larger sequence – a continuous re-education process that gradually transforms the way one lives.

Kaiut Yoga was designed not only as a method but also as a structure of education and community. The progression is simple and natural: the student begins in regular classes, where consistency and foundation are built; can then experience classes in São Paulo with the creator of the method; go deeper in the in-person intensives that condense months of practice into a few days; and, finally, explore the retreats that combine rest and transformation.

For those who wish to go further, the teacher's path represents the natural continuation of that journey. This structure was created to provide clarity and coherence so that each person knows exactly where they are and what the next step may be. Transparency is essential to the method – it mirrors the same logic of the human body: an organized, interdependent, and living system.

This e-book was developed to present, in a simple and direct way, each of these fronts. It shows how Kaiut Yoga can become a path of self-development, transformation, and, for some, professional vocation. The journey begins with the foundation of all practice: the regular classes at official Kaiut Yoga schools.



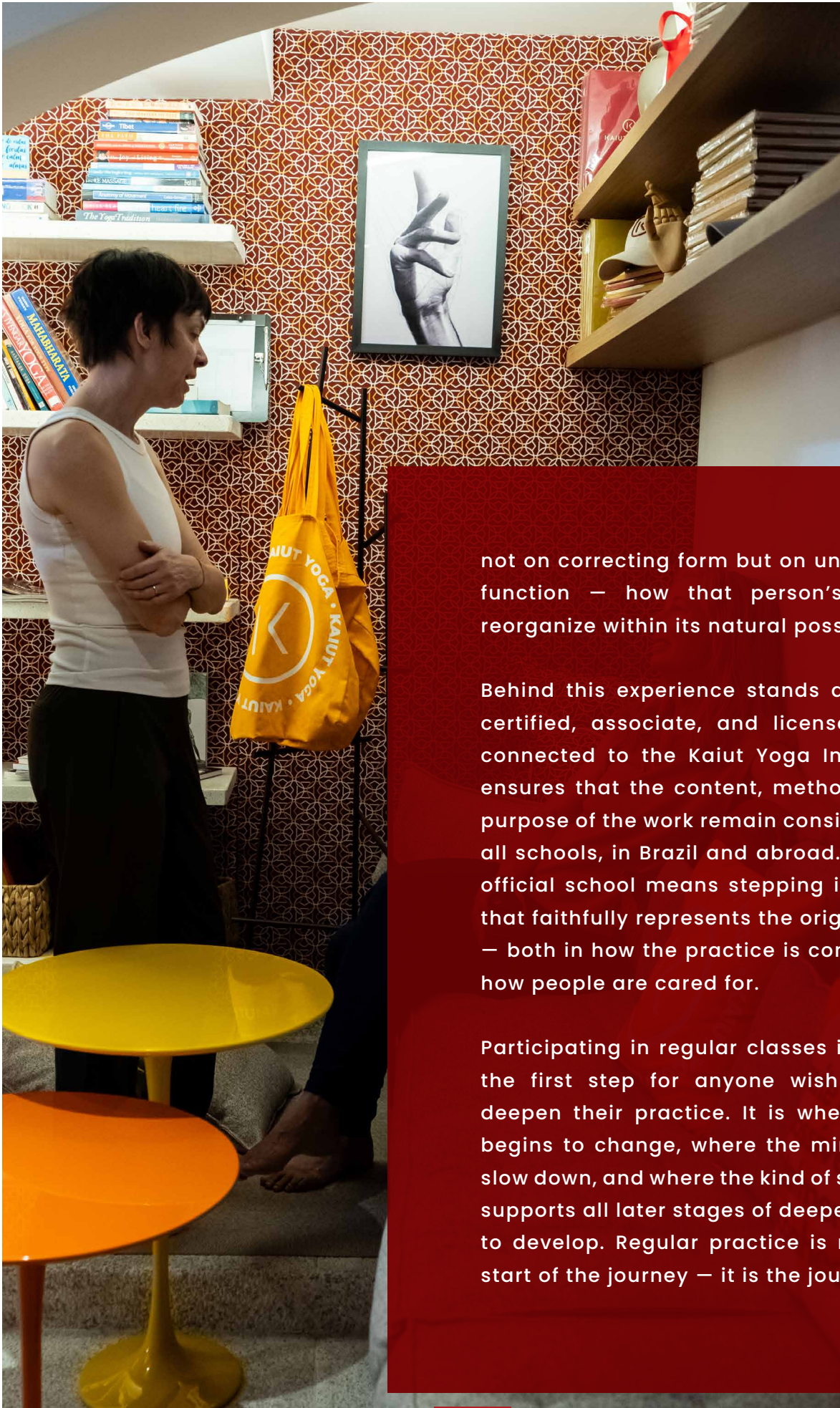
2. REGULAR CLASSES AT OFFICIAL SCHOOLS

Regular classes are the starting point and the heart of Kaiut Yoga. It is through them that the student begins to understand, in practice, how the body can reorganize itself when exposed to precise and intelligent stimuli. With consistency, the body begins to respond differently: forgotten joints move again, old tensions begin to dissolve, and the nervous system finds a new state of balance.

The environment of the official schools is designed to sustain that process. Everything – from class sequencing to teacher education – is structured to offer an experience coherent with the principles of the method. Regularity is the key: it transforms yoga from an occasional event into a living practice that becomes part of daily life, directly influencing physical and mental well-being.

Each class follows a clear pedagogical logic. The method is built as a sequence – every practice connects to the previous one and prepares the body for the next. This sequential structure allows anyone, regardless of age or physical condition, to progress safely and deeply. It is not about advancing to new postures but refining the use of one's own body and allowing the nervous system to adapt progressively.

Another essential aspect of regular classes is individualized attention. Even in group settings, certified teachers observe each student closely, make subtle adjustments, and offer personalized guidance. The focus is



not on correcting form but on understanding function — how that person's body can reorganize within its natural possibilities.

Behind this experience stands a network of certified, associate, and licensed teachers connected to the Kaiut Yoga Institute. This ensures that the content, methodology, and purpose of the work remain consistent across all schools, in Brazil and abroad. Entering an official school means stepping into a space that faithfully represents the original method — both in how the practice is conducted and how people are cared for.

Participating in regular classes is, therefore, the first step for anyone wishing to truly deepen their practice. It is where the body begins to change, where the mind learns to slow down, and where the kind of stability that supports all later stages of deepening begins to develop. Regular practice is not only the start of the journey — it is the journey itself.



3. CLASSES IN SÃO PAULO WITH FRANCISCO KAIUT

Practicing directly with Francisco Kaiut is a unique experience within the Kaiut Yoga universe. His classes in São Paulo represent the closest point to the source of the method – where technique, philosophy, and sensitivity come together in living form.

These classes take place at the main school, where the method continues to evolve daily. New sequences are created, adjustments tested, and technical refinements developed continuously. Each practice led by Francisco is both a class and a research session – the result of decades of observation of the human body, pain, and the nervous system’s regenerative potential.

For many practitioners and teachers, being in the room with Francisco opens an entirely new dimension of practice. His clinical eye and precision awaken levels of perception that repetition alone cannot reach. There is

intelligence in how he structures each position, in the rhythm of the class, and in how he leads without hurry – creating space for deep attention and inner stillness.

These classes are not about postures or mobility alone. They are about experiencing a body that begins to function as it was meant to, a mind that stabilizes within discomfort, and a nervous system that rediscovers its adaptive capacity. Each session is a dive combining technical rigor and sensitivity, science and presence.

Many certified teachers and advanced students travel to São Paulo precisely for this immersion. It is not only about learning new techniques but about feeling the method in its purest form and grasping nuances that can fade over

time and distance. The experience strengthens pedagogical understanding and awakens a new level of maturity in personal practice.

Participating in these classes also creates a direct connection to the core Kaiut Yoga community – a diverse network of students, teachers, and researchers united by their commitment to the integrity of the method. This exchange broadens perspectives and inspires practitioners to bring the method into new contexts, cities, and countries. Classes with Francisco are, therefore, an ongoing opportunity for renewal – a space of reference for all who wish to understand Kaiut Yoga not just as technique but as a living language between body, mind, and consciousness.



4. KAIUT YOGA INTENSIVES

Kaiut Yoga Intensives are in-person experiences designed to condense into a few days what regular practice reveals over months. They are crafted to accelerate understanding, refine body awareness, and offer an immersive experience in the sensory and technical dimensions of the method.

During an intensive, students are guided through a continuous and progressive sequence of classes. This concentrated repetition creates a cumulative effect on the body and nervous system: tensions release more clearly, the body reorganizes, and changes emerge that might otherwise take months to appear.

What sets an intensive apart is the depth of exposure. Instead of practicing two or three times per week, participants practice for several consecutive days, fully immersed and free from everyday distractions. The body adapts, the mind slows, and the nervous system finds rare space for restoration.

Each intensive may emphasize a specific theme, yet all follow the same pedagogical logic of the Kaiut method: structured sequences, careful observation, and precise use of positions to restore joints, relieve compressions, and rebalance the body. No prior experience or special fitness is required – the method adapts to every body, honoring limitations and awakening each person's natural potential for reorganization.

For teachers and trainees, intensives serve as observation laboratories – a place to see the method applied to different body types, to understand the rationale behind each sequence, and to feel, firsthand, the impact of sustained practice.

Participating in an intensive sets the body to a new rhythm. Practice gains continuity, the nervous system stabilizes, and the student moves closer to the state of presence that the method aims to cultivate. It is also a moment of community – connection, exchange, and inspiration within the global Kaiut Yoga network.





5. *KAIUT* YOGA **RETREATS**

Kaiut Yoga Retreats are immersive experiences created to promote deep restoration of body and mind. Unlike intensives, which focus on technical refinement, retreats combine practice, rest, and reconnection in environments that foster silence, nature, and internal balance.

The purpose of a retreat is to offer a true pause — a conscious break from the accelerated pace of modern life. Over several days, participants step away from external demands and follow a structured routine of Kaiut Yoga practice, balanced nutrition, and moments of rest and contemplation. This combination provides the conditions for the nervous system to reorganize and the body to recover its natural self-regulation.

The practices follow the same logic as the Kaiut method: precision, repetition, and biomechanical intelligence – but in this context, the effect is amplified. Free from daily pressures, the body responds more deeply, and the mind becomes more attuned to subtle changes. Over time, a sense of integration arises – a reconnection of body, emotion, and awareness.

Retreats are not about mastering new poses or exerting effort; they are about restoration, not challenge. The practice is calm and precise, allowing the nervous system to find equilibrium. This balance between stimulation and rest awakens a regenerative quality rarely achievable in urban life.

Retreats also serve as spaces of connection. They bring together students and teachers from many regions and countries, creating an atmosphere of collective learning and community. Participants share experiences and insights, strengthening bonds and expanding their understanding of what it means to live the Kaiut Yoga method fully.

To attend a retreat is one of the most complete ways to deepen the practice – not as an escape from life, but as a return to oneself. Students leave feeling lighter, clearer, and anchored in an inner reference point – a living memory of balance that guides future practice and life beyond the mat.





6. THE TEACHER'S PATH

The teacher's path in Kaiut Yoga is a natural continuation of practice. It arises from a genuine desire to understand the method deeply and to share it with others. Teaching is not merely a technical role but an extension of personal learning — a way of turning inner transformation into service.

Kaiut Yoga Teacher Training was designed to provide a comprehensive understanding of the method, both theoretical and practical. Students learn to observe the human body precisely, to understand the relationship between joints, nervous system, and movement patterns, and to conduct classes safely, coherently, and sensitively. The focus is not on demonstrating poses but on reading the body as a living system and offering appropriate stimuli for its reorganization.

The course is also a personal immersion. Many begin intending to teach and discover, along the way, a level of self-knowledge that redefines their relationship with their own body and life. Others start simply seeking depth in practice and find a vocation. In both

cases, training becomes a turning point — when practice ceases to be purely individual and gains a broader purpose. Within the method's structure, teacher development unfolds in stages — ensuring coherence, continuity, and quality in teaching, allowing each person to advance at the right pace.

CERTIFIED TEACHER

A Certified Teacher has completed the full training and is qualified to teach the Kaiut Yoga method. They master the pedagogical structure of the classes, understand the sequence logic, and know the biomechanical and neurological foundations of the work. They may teach independently while remaining faithful to the method's principles.

ASSOCIATE TEACHER

An Associate Teacher has completed the training and chooses to remain connected to the Kaiut Yoga Institute. They participate in ongoing education, update meetings, and technical exchanges with the pedagogical team – ensuring continuous growth and alignment with the method's evolution.

LICENSED TEACHER

A Licensed Teacher represents the highest level of involvement with Kaiut Yoga. They lead or are part of an official school and hold exclusive rights to use the Kaiut Yoga brand in their region. Beyond teaching, they lead – building communities, preserving the integrity of the method, and participating directly in the network's projects and decisions.

This structure of certification, association, and licensing ensures that the method remains intact across countries and languages. Each teacher, at every level, forms a link in a living global network of practice, learning, and transmission.

Teaching Kaiut Yoga is, above all, a path of responsibility and purpose – to keep learning daily, to observe the human body in motion, and, through it, to touch people's lives in real and transformative ways.





7. CONCLUSION: *INTEGRATING BODY, METHOD, AND LIFE*

Deepening the Kaiut Yoga practice is a journey that goes far beyond the mat. It begins in the body but soon expands into every dimension of life. What is learned in class – patience, presence, stability, clarity – reshapes how one moves, thinks, and feels.

Consistency turns practice into wisdom. Each regular class, each intensive, each experience in São Paulo or at a retreat adds new layers of perception that integrate over time. The body stops reacting out of habit and begins to respond intelligently. The mind follows the body, the nervous system reorganizes, and the practitioner discovers a quieter, deeper, truer sense of freedom.

Kaiut Yoga was designed as a lifelong learning path. It may start as a search for well-being but gradually becomes a study of oneself and of human nature. The framework that supports the method — official schools, classes with Francisco Kaiut, intensives, retreats, and teacher training — exists to sustain that journey, providing varied contexts for the same purpose: reconnecting human beings to their original functionality.

For some, deepening means simply maintaining regular practice and enjoying its physical and mental benefits. For others, it means diving deeper into training and sharing the method with others. In every case, the principle is the same: presence, curiosity, and commitment to one's own process.

In the end, Kaiut Yoga is not about performance, religion, or style. It is about restoring the human body to its natural functional state, awakening the dormant potential in the joints and nervous system, and allowing the mind to find rest within the body. When that integration happens, the practice ceases to be an activity and becomes a way of being in the world.

To deepen, then, is to live Kaiut Yoga — in the body, the mind, and life itself. It is to keep learning, practicing, and discovering, with humility and constancy, the body's extraordinary ability to transform and sustain a longer, clearer, and more fulfilling life.





**HOW CAN I DEEPEN MY
KAIUT YOGA PRACTICE?**



*social
media*



*Kaiut
site*