

YOGATM

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GRATITUDE PEACE LIGHT

Lena Linh Franklin

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& QUANTUM
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THE PAUSE

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Dance*

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CAN SPIRITUAL COACHING **ENHANCE** YOGA PRACTICE?



Author: Caroline Shola Arewa

Yoga is a way of being, a lifestyle, a spiritual practice that goes way beyond stretching, and what we call asana. I was blessed to become a Yoga Teacher in India, 40 years ago. I experienced a depth of practice beyond Asana. I taught Yoga classes for ten years, and then taught asana on my personal development training. I have always taught the energetic and philosophical aspects of yoga.

There's a growing recognition that asana acts as a powerful gateway into Yoga. Many are fascinated by the range of postures, health benefits and the peace that envelops you after a class. Yet yoga offers a deeper, transformative journey. Yoga has the potential to expand all areas of a person's life and being. It offers expansion emotionally, psychologically and spiritually. This requires mindfulness and inner reflection. It involves intention and a shift in mindset and focus. This is where Spiritual Coaching offers an exciting addition to yoga practice.

Spiritual Coaching amplifies what's already present within yoga. It can help practitioners and teachers embody their practice more deeply, with clarity, purpose and greater alignment. The physical practice of yoga, although the best known, is really the beginning. Many people, myself included, have witnessed how yoga can evolve into so much more. Coaching amplifies this process.

WHAT IS SPIRITUAL COACHING?

Spiritual Coaching combines transpersonal principles with coaching skills, to enhance spiritual growth and wellbeing. It creates space for individuals to explore deeper concepts like purpose, meaning, fulfilment and liberation. It goes beyond the physical practice and performance of yoga, and looks at how we can evolve spiritually. In my book *'Energy 4 Life – High Energy Conscious Living'*, I define my unique method of Spiritual Coaching as, "the integration of

ancient wisdom, neuroscience and contemporary coaching skills, to raise energy and transform lives". Coaching is often action oriented and focuses on achieving life goals. Spiritual Coaching differs; it focuses on the journey of life, not just the destination. It acknowledges the fulfilment of the Souls journey, as well as our physical journey. It embraces goals and who we become as we journey towards our holistic goals in life.



E4L SPIRITUAL COACHING METHOD

Energy 4 Life (E4L) Spiritual Coaching, has Energy at its core. It takes the expression Everything is Energy seriously. There are 7 main aspects.

• The Ancient Chakra system

• **The Elements**, both provide core principles for Spiritual Growth

• **Energy Exercise**, gentle energy-based movements founded on Yoga and Qigong.

• **Energy Psychology** explores how our thoughts, beliefs and life scripts can hold us back, and how we can use our values and energy to propel us forward. As I developed this aspect, I realised I could support people to make lasting mindset shifts very quickly. Often the language we use holds us back. For example, you may say, "this habit is going to take a long time to change", when in fact change can happen in an instant! It is resistance to change that takes time.

• **Trauma Release**, a trauma sensitive approach is very important, because when we work with the psyche we are working with trauma. It is paramount that more harm is not caused. For this reason, very gentle yet powerful tools are used in the E4L approach.

• **Energy Balance** is another aspect. This advocates rest and revitalising practices, like Nidra and restorative yoga. I also established a practice called Beditation, which includes a



creative element. When the body-mind continuum is given intentional rest, we enter heightened states of consciousness that often answer life's deepest questions without cognitive input. Answers arise spontaneously, they come out of the blue, the ether, the empty space that rest creates.

- **Coaching skills** act as a powerful foundation and container for Energy based work. Coaching helps you gain insight, awareness and clarity about where you are in life, and where you want to be. With this awareness a route is created and steps taken to move you forward. This might include cultivating Spiritual intelligence, developing inner knowledge and listening to the still voice within. Energy awareness combined with coaching skills, helps clarify a depth of intention personally and professionally. Coaching helps you make a difference for yourself and others in the world we share.

Yoga, means union and in E4L, we explore Unity Consciousness and what it means for the times we live in. How can we integrate ancient teachings, while being mindful and living in the present moment? Spiritual Coaching is a natural partner, helping practitioners and teachers balance, personal and professional life with Spiritual depth and elevation. I often talk about moving from *Embodiment to Enlightenment*. That's the ability to be more fully in your body, which asana really supports. Body awareness is gained through repetitive physical aspects of yoga. And then we begin to move towards the light. Enlightenment is to know the experience of lightness, unity, liberation, oneness and freedom. It's the pinnacle of spiritual practice. But not the end, as it is often fleeting; entering a state of heightened consciousness and experiencing moments of Bliss. Then the expansive energy contracts and bills have to be paid, and children picked up from school. We have to ride the wave.



HONOURING DIVIN URPOSE

When we know our **Divine Purpose**, riding the waves becomes easier, there is less resistance, less suffering, more knowing. More Being! Spiritual Coaching can enhance yoga practice in many ways. As well as focusing on physical alignment, we can also focus on Spiritual Alignment. That means knowing your Divine Purpose and honouring it. That's a journey. Coaching skills, such as visioning, active listening and goal setting, support a mindset shift. Moving from what the body can do, what postures we perfectly sculpt, to who you are becoming as a Spiritual Being, and what your Divine Purpose is at this time?

You can work with a Coach to consciously set intentions and goals. You can map a route for personal and spiritual development; so not just focusing on physical wellbeing, but addressing all parts of one's self, including the deeper spiritual parts.

Spiritual Coaching supports you to:

- Enter the present moment more fully, and gain clarity on your life's higher purpose.
- Identify and release whatever holds you back from achieving your highest purpose.
- Let go of internal limitations, negative self-talk, and limiting beliefs. They can be systematically released, creating growth, confidence and Self-love.
- Create aligned goals, develop tasks and timelines that reflect your true values and honour who you are becoming, your highest intentions.
- Spiritual Coaching advocates discovering your deepest Self. It aligns you with your inner knowing, your wisdom and truth. Your agency and liberation.

Spiritual Coaching serves as a bridge between the physical discipline of yoga and the inner work of self-discovery and intentional living. Spiritual Coaching can develop you as a person. It helps yoga teachers gain more awareness, trust and psychological safety in classes.



Yoga teachers, who train as Spiritual Coaches greatly enhance their skills and can offer one-to-one coaching with clients. The way you support students changes dramatically. Spiritual Coaching becomes a crucial element that deepens the practice for students and teachers, on and off the mat. Coaching and Yoga support the evolution of the whole person. Deepening the somatic experience of yoga and facilitating transformation emotionally, psychologically and spiritually.

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Caroline Shola Arewa -

The Energy Doctor Helps you get your Energy back and your Life on track! Supporting you to reconnect with your Divine Purpose and step into conscious leadership.

With over 30 years international experience, Shola trains Spiritual Coaches and Mentors' wellness professionals and individuals called to expand their impact, through coaching, writing books and creating unique courses. Shola's approach blends spirituality, psychology and energy work to support authentic personal and professional growth. Creator of the Shekem Maat Healing System, Shola offers a pathway for those drawn to deeper awakening. Book a free Discovery Call. Learn more at shola.co.uk



SPIRITUAL COACH TRAINING

WITH CAROLINE SHOLA AREWA

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