

KURTKOONTZ

AUTHOR//SPEAKER//ADVENTURER

A WORLD OF INSPIRATION

Kurt Koontz is an author, speaker, and adventurer. Since retiring from corporate America, Kurt has hiked the Himalayas, trekked Spain's El Camino de Santiago, and bicycled much of Europe and Canada. Most recently, Kurt studied yoga in Rishikesh, India. His travels and training combined have given him the insight to approach life from a different perspective.

With an endless trove of stories and photos, Kurt motivates audiences to:

- maximize the promise of today,
- break free of the routines that limit potential,
- eliminate worry for the future,
- align with events that are beyond control,
- overcome the psychological barriers that hinder progress,
- create a sense of adventure in everyday life,
- and journey beyond perceived limitations.

As detailed in his newest memoir, *Practice*, Kurt takes his listeners through his three trips to Rishikesh that culminate in a 200-hour teacher training course with Surinder Singh. With humor and imagery, Kurt invites the audience to stand on the banks of the Ganges River with him—and not only in his shoes, but also in his head and heart. In addition to sharing his many experiences, Kurt is available to teach hour-long Hatha yoga classes as well.

A dynamic speaker with a personable style, Kurt leaves his audiences ready to take action.

[WATCH KURT'S PROMO VIDEO](#)



SPEAKING

“Kurt Koontz is a very engaging storyteller...his delivery impeccable.”

—Andria Friesen, Sun Valley Wellness Festival Board Member

“Insightful and entertaining: in short, Koontz embodies a reborn Chaucer's *Every Man* revisiting an ever-changing and paradoxically unchanged planet.”

—Jose Aponte, Executive Director San Diego County Library

“The crowd was engrossed. Many wanted more!”

—Bob Barr, Emeritus Guild of Boise State University

BOOK

“You don't need to be into yoga to find this book insightful, engaging, and inspirational. It's a fascinating account of one man's global journey to find meaning in the humanity of others.”

—Bill Bennett, maker of the documentary film *PGS Intuition*

“With *Practice*, Kurt takes us along in his pocket once again...on a journey of the soul.”

—Kim Narenkivicius, author of the website *Soulful Road*

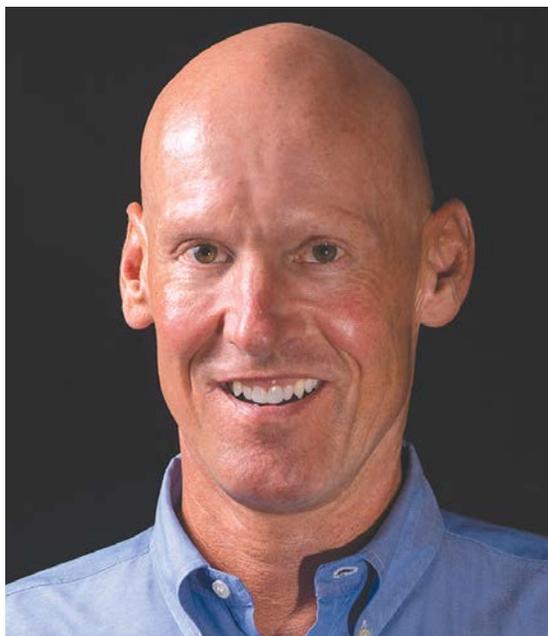
“Kurt's storytelling is a wild adventure of enlightened thinking for the urban mind.”

—Shelly Halling, fellow spiritual seeker

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BIO



Kurt Koontz has always been an adventurer. He learned to love the outdoors growing up in Boise, Idaho. After a successful career in sales, he retired early to seek new meaning in life. He gave back to his community, but also yearned to learn more about the world and himself.

In 2012, this spiritual yearning found him on El Camino de Santiago de Compostela in Spain. This long, transformative journey on foot inspired Kurt to write his first book, *A Million Steps*, a memoir that enabled Kurt to forge friendships and connections around the globe.

One of those friends led Kurt to Rishikesh, India, where he began a serious study of yoga as both a physical and spiritual endeavor. In *Practice*, Kurt recounts his most recent overseas adventures. In three yearly trips, Kurt developed his yoga practice and eventually certified as an instructor.

Today, Kurt still calls Boise home but also continues to explore the world for personal growth. A versatile and entertaining speaker, Kurt loves to share his travel stories with eager audiences. With countless photos and anecdotes, Kurt encourages his readers and listeners to embark upon their own life-changing adventures.

www.kurtkoontz.com

Kurt Koontz is available for select lectures, presentations, and yoga classes. To inquire about an appearance, please contact him at k@kurtkoontz.com.

WWW.KURTKOONTZ.COM (208) 345-6421

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BOOK

Author Kurt Koontz freely admits that he is not wholly guided by his spirit when he first begins to dabble in yoga. An outdoor adventurer, he enjoys the challenging physicality of the exercise, which leads him to try several different types of yoga, seeking both fitness and female company. Kurt hopes that yoga will further improve his form and thus dramatically improve his love life. In short, when he begins his practice, Kurt is seeking six-pack abs, not spiritual enlightenment.

However, when a friend from afar encourages Kurt to seek new adventures in Rishikesh, India, the self-professed “Yoga Capital of the World,” Kurt feels called to the city and its yoga studios. Even from his first full day in Rishikesh, Kurt learns that he has underestimated the city’s allure and its potential to refocus his goals as a practicing yogi.

In *Practice*, his newest memoir, Kurt guides readers through his three journeys to India in vivid, poignant detail. With unflinching honesty and humor, Kurt treats his readers to the visual and cultural richness of Rishikesh. Aware of his great fortune in visiting such a beautiful city, Kurt shares his unbound admiration for his new surroundings, and not only for the lush foothills of the Himalayas and the sacred River Ganges, but also for the people. Kurt encounters a wide range of individuals from all over the world, most of whom have also traveled to Rishikesh to study yoga. In addition, Kurt is graciously welcomed as a friend by many locals and their families.

Soon, that welcome extends into the yoga world, where Kurt finds a yoga studio and teacher who will entirely transform his conception of yoga. *Practice* is a spiritual exploration grounded in the modern world that speaks not just to yogis and travelers, but to all adventurers, to all who strive to expand their own wisdom and compassion through soul-deep introspection.

