



Simon Borg-Olivier: Five Dimensional Flow: Safe, Accessible, Effective Posture,
Movement & Breathing for Health Happiness & Longevity



Simon Borg-Olivier is the co-founder and owner of Yoga Synergy and has over 33 years experience teaching yoga, inspiring people all around the world. He is the author of 'Applied Anatomy and Physiology of Yoga'. Explore the five dimensional flow movement and learn how to embody the connection with oneself and the earth.

TOP EMBODIMENT TIP: Make the time every day to spend a little bit of time where you look after yourself. It's your responsibility!

The Resolution of Yoga:

- **Yoga is the realization that we're all connected to other beings, animals and the earth itself.**
- When the parasympathetic nervous system is active, it is in the state that we call rest, rejuvenation, relaxation, regeneration. This creates the essence of meditation.
- In this state the body's internal organs and systems are functioning well. You can absorb nutrients, eliminate waste and can regenerate. That's what we want for health, happiness and longevity.
- You must feel more flexible without having stretched and strong without feeling tense.
- Breathe, naturally, that's the easiest way to get into what could be a meditative state.

The Five Dimension Flow Practice:

- **The five dimensions are:** bending slightly forward and back, twisting to the right and to the left, S short trunk and long trunk by lengthening the skin of the lower and upper back and expanding and contracting the trunk.
- Natural breathing is inhaling low when you feel your breath coming in and filling your belly, like a baby.
- **Breathe through your nose when you can; It promotes the production of nitric oxide which enhances blood flow.**
- What blocks good energy is too much tension and stretch. What moves good energy is a healthy parasympathetic dominance.

A Meditative Action:

- Meditation in action is where you feel looser without a strong stretch. A sense of blood flow warmth, even without feeling the heart racing. A sense of strength without feeling tense.
- **Body intelligence is what we want for perfect health!**

Resources:

- ◆ **Website:** [yogasynergy](http://yogasynergy.com)



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.