



Sabina Glas: AMBITION - Tracking Traces Of Ambition In Our Embodiment Practice



Sabina Glas is the creator of Inner Body Flow Body Meditation, a gentle playful meditative practice of movement and embodiment which helps people to become deeply in touch with their own body. By encouraging people to let go of concept and dogma, she teaches the inner language of the natural body. Participate in a gentle flowing yoga practice which transcends the boundaries of rigidity and offers us a way to become playful with our ambition. Become more connected with the body, creating a deeper awareness of the relationship between body and will-power. Experience inner peace and silence through practicing in this manner.

TOP EMBODIMENT TIP: Before you start practice, connect with this tiny little internal candle, and then from there, allow your body to tell you what it wants to do. Experiment. Be playful like a child. Don't have a concept.

Connection to Self: Be with yourself. Listen to your body.

- We can stay totally connected to the self in the body, without letting ambition override it.
- Listen more to your body than your brain.
- Get to know your inner language and inner landscape.
- Create pathways through gentle movement in our practice.

Refer to Nature: When animals settle down, they really need time so that they can rest.

- Through an embodied practice, the invitation is to settle down and do the same thing.
- Allowing parts of the body to be passive makes a difference in our experience. This is about receiving rather than doing.

Move without Fixed Images, Goals, or Postures: Listen to the language of your body.

- When you wake up in the morning, you don't have a set plan on how to move. You stretch in a very natural way.
- All parts of your body are listening to your movement. They are receptive, but not interacting, which creates freedom. When you stay within your limits and listen to sensations, this offers an abundance of opening into your body.

Listen to Possibilities Inside the Body: Everything is connected.

- This is not about right or wrong. It is about staying with oneself. The more you practice letting go of forms, the easier it is to enter a form, and get out of a form when needed.
- Personal practice starts when your body feels that you allow it to speak. Receive its words and its images. This is about staying connected to oneself at all times.
- How we move reflects in our actions and in our life.

Resources

- ❖ **Website:** www.sabina-glas.com
- ❖ **References:** Inner Body Flow body meditation



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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.

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