



Angela Farmer & Victor van Kooten: Between Body and Soul



Victor and Angela teamed up in 1984 to combine their yoga experience and a teaching called “From the Inner Body Out” which explores the rhythms of nature and flow of life energy. They currently hold courses in their Yoga Hall in the valley of Eftalou on the Island of Lesvos, Greece in addition to online classes. Receive a taste of the connection between our physical form and its underlying energetic stream.

TOP EMBODIMENT TIP: The most natural play is what we find in the ocean.

Receiving Energy From the Earth: Awareness Will Create Changes in Your Body

- This will help your whole body to align without creating tension to hold yourself up.
- It allows your whole central channel to come into alignment.
- When you soften you can receive but that is only possible when you have “a place” to receive into.

There are Two Sides of the Body in Action at any Time: Like Wheels Spinning

- There is a difference when these wheels are close or far from each other.
- It is a separation that creates more of a space inside.
- The more you allow the space from inside to extend outwards, the more you can feel the movement of the breath going in different directions.
- These are the two channels within you which are non-materialised in the body and not visible externally.

Yoga is Creating Space in Every Part of the Body: Only When You Have Space Can the Breath Visit These Places

- The breath is an explorer that stands between body and soul.
- Embodiment is organic and about feeling, rather than how things look.

Yoga is an Energy Practice.

- If you’re connected with your inner energy you come into more contact with space as a living relaxation.
- By finding small gentle movements you can allow disconnected parts of you to join the rest of your body.
- **The thing about space is that you have to live in it.**
- Fill the space with your being so that you are more alive in the spaces between the solid parts of your body. Then moving begins to evolve by itself.

Resources

- ❖ **Website:** angela-victor.com
- ❖ **References:** Iyengar Yoga



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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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