



Chase Bossart: Birds of Freedom: Yoga's Multi-Dimensional Model of Embodiment



Chase Bossart is the Founder and Executive Director of the Yoga Well institute. Discover the holistic ancient anatomy of the Taittiriya Upanishad which speaks of the human body relating as 5 interconnected birds. Explore the interconnectivity of your physicality, breath, mind, emotions and personality.

TOP EMBODIMENT TIP: Practice self observation. Exercise curiosity. Have a 1:1 teacher for guidance.

What is Yoga?

- *"Yoga is a game of conscious, intentional linking of experiences. They are the currency"*
- **Intellectually engineered experiences for body, breath, mind and emotions;** It includes all the tools and principles you need: movement, sound, breath, attention gains, ethics, daily living, spirituality etc.
- Ask yourself: **What can I do with this knowledge for those who stand in front of me?**
- Ancient Indian systems are Maps for how to apply specific practices to evolve all aspects of the human .

Pancamaya Model: Meaning '5' or 'All Pervading'

- 5 Dimensions: Each one is imaged as a bird with 5 parts: **head, trunk, left wing, right wing and tail**
- These parts are proportionate to each other for the holistic functionality of the birds ability to fly.
- The bird is symbolic to humans developing each part also so that the bird can fly.
- Each part can also be seen as an individual bird, not in a layered system however, but an interactive one.
- The bird can go anywhere when all parts are balanced and whole.
- One may notice aspects that may be operating well/ not so well so balance may come about

Interconnectivity

- You are a thinking breathing behaving feeling body
- If you want to shift anything on any level, this will impact another aspect.
- The entry to instigate shift can occur from any aspect and informs the other 4 thereby providing a transformative experience

Resources

❖ **Website:** yogawell.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.

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