



### Christopher Gladwell: Breath is the Key...



For four decades Christopher has been studying and practicing on a daily basis the art of conscious breathwork, meditation and embodiment practices such as yoga and dance. His purpose is to inspire and guide people to powerfully transform and free their lives. Find out how you can start your breathing practice.

**TOP EMBODIMENT TIP:** Breath through the nose and practice five minutes, three times a day 365 days a year because that starts to weave discipline into your life if you do not have it already.

#### Cranial Nerves:

- Come out of the base of the brain and go directly into the face, trapezius and into the body.

#### Mouth Breathing: **Is associated with physiological problems**

- Causes soft tissues in the nasal passage to shut down
- Mouth breathing can lead to heart conditions, physiological dysfunctions, digestive disorders, etc.

#### Breathing Into the Belly:

- Your belly expands with an inhale.
- The diaphragm flattens the pelvic floor.

#### Ideal Position:

- If available and comfortable to you - kneeling or sitting.
- **It is ideal to have the knees underneath the line of the iliac crest to avoid the psoas muscle switching on.**
- Sit Up - Use a bolster, if required.

#### Super Coherent Breath: **Get the breath down to one minute..**

- Gives you the possibility to join up and connect everything in the system.

#### Resources

- ❖ **Books:** <https://www.christophergladwell.com/shop/>
- ❖ **Courses:** [www.christophergladwell.com/courses](http://www.christophergladwell.com/courses)
- ❖ **Website:** [www.christophergladwell.com](http://www.christophergladwell.com)
- ❖ **References:** *Breath* by James Nestor



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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](https://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](https://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](https://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.

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
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