



Godfrey Devereux: Embodied Resilience: Yoga for the 21st Century



Godfrey Devereux is a facilitator of somatic awareness trainings for over 40 years. His roots began in a methodology of dynamic yoga whereby he began to feel sensations deeply and their impact on the mind. He is a master, in the art of communication, whose teachings are direct and powerful. Discover deep inner resilience through movement and awareness. Connect with the peace, wisdom and compassion of our Spiritual nature where love resides.

TOP EMBODIMENT TIP: Feel the sensations deeply. Silence can be so loud in our own embodiment

Presencing of Softness Practice

- This practice provides opportunities to become intimate with the Presencing of softness. In our spiritual nature it is where the source of resilience lies. **This can be accessed most concretely and reliably through the body.**

Repetition of Language when Guiding Sequence

- **Provides quicker access to embodiment.** Familiar language sequencing means the mind does not have to focus on finding meaning. It provides an indirect way of supporting the environment for exploration.

Quality of Voice and Tone

- **Whispering from a place of love** in tonality provides safety and is nourishing.
- It alleviates the mind from thinking and inducing anxiety as a harsher tone may.

Developing Resilience

- Guided physical practice opens the doorway to safety and resilience.
- **In the depths of safety and resilience is love.**
- This practice provides opportunities to bring love into your body
- Transform your relationship to parts of your body.

Spiritual Nature lies within our own presencing.

- Nourishing qualities reside here such as peacefulness, love, delight and invulnerability.
- Accessing this place of invulnerability provides a source of deep courage and resilience .

Simplicity in movement and being is the key.

- We have a tendency to complicate things.
- We check out instead of checking in.

Resources:

- ❖ **Website:** dynamicyoga.com/godfridev.php



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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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