



Mary Beth LaRue: Embodied Slow Flow and Journaling



Yoga and meditation teacher, writer, and the creator of Embodied by MB, Mary Beth LaRue has taught Yoga for rehabilitation centers, homeless shelters, and the Down Syndrome Association of Los Angeles. Join us in a slow-flow movement-meditation-writing practice.

TOP EMBODIMENT TIP: Be directly present for direct experience. Don't push away what makes you find joy. Find the thing that brings you back to you and obey it.

Embodiment: Some thoughts on it.

- Being deeply present for direct experience (however it shows up): **You often learn a lot about embodiment from the times that are challenging, not joyful; not easy.**
- *Coming home to ourselves* through Asana, Pranayama, or Intention.

The Mountain Climber: A story of presence.

- The story of a man who had to get to the top of the mountain every day. One day, his family comes and they hike up together. Unlike the man, the family kept pausing to look at a plant, an animal, or whatever that catches their eye.
- The man realized, as he slowed down, that this hike to the mountain had become something he had to do, rather than something to experience.
- **What is your mountain? What is it that brings you back HERE? What gives you the gift of coming home?**

Journaling: Some questions and answers to explore.

- What does embodiment mean to you? How does it feel?
- What is disembodiment to you and how do you feel it?
- What do you find yourself pushing through?
- What's here now?
- What feels embodied on a daily basis?

Resources

- ❖ **Courses:** Embodied Sol or Embodied Bliss classes (Discount code: MBLEBC50%)
https://www.livekick.com/en/c/marybethlarue?utm_source=marybeth&utm_medium=email
- ❖ **Website:** [Mary Beth LaRue](#)
- ❖ **Social:** Instagram | [@marybethlarue](#)
- ❖ **Spotify playlist:** <https://open.spotify.com/playlist/1FIWQR1KwYrzPKwHAC5mY?si=PbW7ZNB1TVSnIkRJEuoS-g>



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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.

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
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