



Vidyadasa Ady Griffiths: Embodied Yoga for Parents - Practical Skills for Parenting



Vidyadasa Ady Griffiths is a Senior Embodied Yoga Principles Teacher and Trainer, Embodiment Facilitator Certificate Trainer, Web Designer, Father, Author, Yoga Practitioner and Teacher. Discover how to be a fun-loving parent, able to support yourself and others' learning through: Postures to create and develop skills for parenting. Enabling self care and care for your children. Creating pleasure and positive boundaries.

TOP EMBODIMENT TIP: Be still, feel your body, be aware of where you are.

Self Care as a Foundation for Parenting

- **Parenting can be tough** pulled around in all directions a lot of the time.
- Practices to support you as parents, and for you to use to **support your family**.

Embodied Yoga Principles (EYP)

- Embodied yoga as a practice to **add psychological depth and understanding to your practice**, to allow skills to be developed for use in the rest of your life.e.g. Warrior 2 to create strength and focus.
- Can be used in coaching and group work.
- **Trigger warning** about choosing examples during the session that won't be triggering.

Inquiries

- **Noticing** what happens in your body, **seeing** your natural tendencies.
- **Giving yourself an option** to be aware of that.
- **Making a choice** to do something else or to do the same thing.
- The idea of inquiries/practices as **introducing fragrances or atmospheres to yourself.**
- Research on hand placement on the body soothing us.
- Options to **teach these to children to self-sooth**, and helping us to **tap into the joy and lightness of childhood**.
- Practices with intention and attention.

Resources

- *FREE* Resources
- **Books:** Mindful Thoughts for Fathers: a Journey of Loving Kindness, Vidyadasa Ady Griffiths
- Courses: Embodied Yoga Principles Teacher Training
- ♦ Website: Embodied Yoga Principles; Vidyadasa; Yoga, Meditation and Mindful Embodiment





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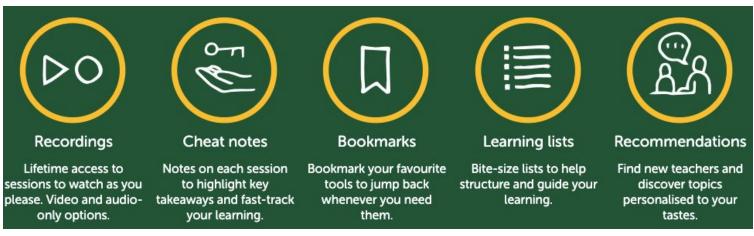
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Leslie Kaminoff, co-author of the bestselling book "Yoga Anatomy" is a yoga educator and internationally recognized specialist with over four decades' experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines 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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