



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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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.

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