



### Nadya Smokotina: Embodiment of Emotions



Nadya is the co-founder of the EQYogaMethod. The EQYogaMethod was born out of a meeting with Peter Jansen (specialist in Emotional Intelligence, Member of the IOC affiliate of Harvard Medical School). Nadya and Peter combined their 38 years of experience to create a practice that explores the relationship between emotional intelligence and certain physical activities such as breathing and yoga flows.

**TOP EMBODIMENT TIP:** Breath and notice you're breathing. When you breathe, you live.

#### EQyoga: Emotional Intelligence and Yoga

- Nadia shares definitions of Emotional Intelligence.
- Discover how Emotional Intelligence is found within yoga practice.

#### A Scientific Approach: The 6 Universal Emotions

- Learn the 6 universal emotions as discovered in the research of Dr Paul Ekman- pioneer in the study of emotions.
- Discover the body/mind relationship to the emotions.
- See yoga as a tool for regulation of emotional intelligence.
- Feel into the body/mind connection and its associated emotions.

#### Experiential Practice: Breathing and Posture for Presencing Joy

- Learn exercises for bringing oneself into the present moment with joy.
- A body hack for encouraging alpha brain waves.

#### EQyoga in practice : A Personalised Practice

- Recognise how everyone's body is different and will thus bring up different emotions in different postures.
- Encourage inner inquiry for observing one's own reactivity and emotional relationship to postural yoga.

#### Resources

- ❖ **Facebook:** [facebook.com/eqyogamethod](https://facebook.com/eqyogamethod)
- ❖ **Instagram:** [@eqyogamethod](https://instagram.com/eqyogamethod)



## Nadya Smokotina





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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.