



Elena Brower: Embodying Gentleness - Yoga Practice and Meditation for Peace



Mama, teacher, artist, Double Diamond leader with doTERRA, bestselling author and Podcast Host of Practice You, Elena Brower has taught yoga and meditation since 1999. Her first book, *Art of Attention*, has been translated into seven languages, her *Essential Mentorship* is beloved for bringing analog creativity to online coursework, and her third book, *Being You*, will be released in early 2021. Give yourself the gift of nourishment while embarking on a journey of Vinyasa movements followed by a peaceful meditation guided by Elena.

A Movement Meditation: Yoga Movement for Steadying and Gentling Your Systems

- Join Elena for a nourishing hatha vinyasa practice aimed at steadying and gentling your systems.

Nourishing movement: Nourish the Physical and Subtle Bodies Using Intention and Attention

- Flow through this session with conscious movement linked with attention on breath.
- The practice is imbued with gentle language and movement for a nourishing effect .
- The movement practice is followed by a short meditation focused to cultivate peace within and around you.

Learning Outcomes: Connection

- A sense of connectedness to self and other.
- A feeling of embodying tenderness and gentleness in thought and action.
- A body and mind at peace.

Resources

- ❖ **Books:** *Art of Attention*, *Essential Mentorship*, *Being You* (to be released in early 2021)
- ❖ **Website:** <https://elenabrower.com/>
- ❖ **Facebook:** <https://www.facebook.com/ElenaBrowerTruth/>
- ❖ **Instagram:** <https://www.instagram.com/elenabrower/>



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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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