



Carlos Tao: Experiencing the Intelligent Magic Beneath your Skin



Rediscover and feel into the magic at the depths of your being with Carlos Tao, visionary and philosopher. Carlos has an extensive background in anatomy, kinesthesiology, physiology, embryology, fascial research, and yoga.

TOP EMBODIMENT TIP: We all have a body, and we can use our bodies to feel and understand the magic inside of us by approaching our bodies as wonderlands, as playgrounds to explore.

The Body Has Its Own Language

- **The language of the body is not the kind of language we are used to; it is a language of muscles, skin and cells.** We understand this language at the core of our being and feel our way into this realm with openness, and a spirit of playful exploration.

We Are Not Machines

- **We are living water, living dynamic fluid, flowing.** Think of yourself as layers of living water. We can sense into these different layers and sink into deeper places, deep into the body's tissues. We can use our breath to move our awareness into these layers of the body, increasing our perspective / perception of the world inside us.

We Can Flow In Our Movements

- We can learn to move from a place of **"pouring"** rather than controlling, a pouring out from the heart or along the spine through the rest of the body, using the breath to guide the motions in a soft almost passive way. Rolling and spiralling, riding the breath, feeling 'the rivers beneath the skin', and all the while maintaining a sense of groundedness.

Practice:

- **"The Game"**, as he says, is to drift ever deeper, from the skin inwards. And while you hold yourself at the deepest part of you, anchoring your heart, everything else - the superficial layers - is soft.

Resources

- ❖ **Instagram:** [@carlostaomovement](#)
- ❖ **Facebook:** [Carlos Tao Movement](#)
- ❖ **Youtube:** [Carlos Tao](#)



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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.

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