



Leila Stuart: Experiential Anatomy As Therapy: Balance Your Pelvis



Experiential anatomy teacher, massage therapist, author and yoga therapist. Leila is a pioneer in the field of movement education. She opened one of the first dedicated Yoga Therapy studios in Canada as well as developing The Anatomy of Yoga Therapy, an innovative 300 hour Yoga Therapy training program that she taught for 15 years.

TOP EMBODIMENT TIP: If You Can feel it, You can heal it

Igniting the intelligence of the body Awareness is Awareness is Awareness

- Every part of the body and every cell of the body has an intelligence.
- Awareness of the body ripples out into an awareness of emotions, mind, habits and perceptual patterning.
- Tapping into the intelligence of the body leads to a connection to wholeness, the sum of the parts.

Why Experiential Anatomy: Building Resilience Through Patterning, Mindfulness and Self Compassion

- To embed the somatic experience.
- To create a relationship between interoception, the emotions and the sense of self.
- To create conscious re-patterning for therapeutic purposes.
- Because the body is the easiest access point for working with the koshas/biopsychosocial model.
- The solidity in self enables connection with self and others.

Guided Practice:: Experiential pelvic movement practice

- Exploring pelvis cartography
- The energetic centre of the pelvis
- Horosphere meditation
- Exploring the 3 Pelvic pathways
- Integrating of experiential exercises

Resources

- ❖ **Books:** *Donna Farhi and Leila Stuart - Pathways to a centred body*
- ❖ **Courses:** Teaching Breathing to Non Breathers, Standing on Your Own 2 Feet: Experiential Anatomy for the Feet
- ❖ **Website:** leilastuart.com
- ❖ **References:** *Linda Graham- Bouncing Back, Linda Graham- Resilience*



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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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