



David Kam: Integrating Space, Play & Asana for Curious Movers



David Kam is a movement artist and yogi weaving over 15 years of mindfulness, somatic and artistic research including degrees in architecture and dance. Discovering the secret to moving freely lies within your environment and a playful mindset.

TOP EMBODIMENT TIP: Use your space as your playground.

Move According to your Energy Level: **Discover strategies to expand your possibilities of movement**

- Can you make your imprint soft and really faint or something that's a lot stronger, deeper, so deep that you might be able to catch the increases of the lines in your palms?
- Sense the tension in your hands, in your feet.
- Actively integrating the whole body into a movement. Where are you starting the movement from?
- Create a level of sensitivity, imagine each movement as something organic.

Use Space as you Playground! **Utilize space as an open guide towards free-form movement beyond asana**

- Imagine the air around you as something denser and observe how it changes the relationship with your muscles.
- Encourage your whole body to move as one.
- Having freedom into the structure of your movement will allow you to explore different groups of muscles.

Embody Play as an Approach to Cultivating a Resilient and Responsive Body-mind

- **Let the intention that unifies us to be one of flow**
- Let the body have the support that he needs.
- Go somewhere that feels good in your body.
- The place of the unknown is the place where creativity starts.
- Provide a sense of invitation to the body and the people in the room, to move freely.

Resources

- ❖ **Website:** davidkamkiawei.com
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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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