



Morgan Palmer Hubbard: Internal Flow, Yoga & the Neurobiology of Wellness



Morgan Palmer Hubbard is the Director of Amara Valley Eco Retreat. His latest research and teaching project is called Antara Flow, an intensive neurohacking movement practice combining Synergy Flow yoga, conscious breathwork, meditation, and binaural beat brainwave entrainment via wireless headphones. Discover key concepts for improving flow on physical, physiological, phenomenological and mental levels.

TOP EMBODIMENT TIP: Don't be afraid of feeling into discomfort or even pain because it's that sensitivity, that gentle awareness, that is the essence of Ahimsa, the foundation of yoga.

Flow: The Essence of Yoga

- **Flow is a highly intrinsically motivating state of selflessness, timelessness, effortless, and richness.**
- The presence and stillness of the mind in a flow state perfectly aligns with Patanjali's definition of yoga: *Yoga chitta vritti nirodha*.
- Flow occurs in the 'Goldilocks Zone' of stress; too much stress puts us into a defensive posture, not enough stress and we're bored and don't move out of our comfort zone.
- We can think of yoga as **any practice that moves us toward the realization and experience of connectedness.**

Barriers To Flow and Yoga: Overtensing, Overstretching, Overbreathing, Overthinking

- **Activating vs. Tensing** - Activating normally feels effortless. Tensing is over activating beyond what is necessary. Tensing inhibits blood flow to the muscles and inner organs.
- **Lengthening vs. Stretching** - Over effortful stretching places the nerves under excess tension, leading to pain. Repeatedly placing the body in overstretched positions takes our body out of safety in the nervous system. Safety is a key component to the state of internal flow and centeredness that is yoga.
- **Overbreathing** - Overbreathing blows off too much carbon dioxide. CO2 opens blood vessels and enhances circulation. Light, even breathing brings us into deep energetic balance and is a fundamental part of pranayama.

Wellness: Seeing Everything Holistically

- Every movement is helping blood flow around the body, especially if the parts that can be relaxed are relaxed.
- Ask yourself if your posture is closing you down, or giving you more capacity and ease.
- Let's **embrace the wholeness of our being as human beings, not be afraid of our vulnerability, and allow that to inform how we all grow together.**

Resources

- ❖ **Website:** amaravalley.com, agnispiritfestival.com, nowhere.yoga
- ❖ **Instagram:** [@amaravalley](https://www.instagram.com/amaravalley)
- ❖ **References:** *Stealing Fire* by Steven Kotler & Jamie Wheal



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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.