



Trina Altman: Introduction to Creative Yoga Sequencing with Somatics



Trina is the creator of Yoga Deconstructed® and Pilates Deconstructed®, which take an interdisciplinary approach to foster an embodied understanding of Yoga and Pilates and their relationship to modern movement science. In this class, discover how somatics can be incorporated into a yoga class or personal practice.

TOP EMBODIMENT TIP:

“Get down on the floor, it's really grounding.”

Benefits of Somatic Movement: An Overview of Somatics Principles and Definitions

- Trina shares an introduction to the science behind somatic movement and how it relates to training your nervous system and brain.

Identify How Somatics is Beneficial for Yoga: Fire Up the Neurons

- You create new brain connections when you blend yoga with somatics without a preconceived notion of aesthetics.
- **Somatics bring new insight to more global movements** by, starting with smaller movements before moving to bigger movements in the poses.
- Using somatics in your Yoga class exposes your students to an inquiry-based learning style.

Experience Somatic Movement in your own Body: Physical Explorations of Somatic Sequences

- Experience the difference of Somatic movement in Twisted Triangle, notice the subtleties in your body.
- You can experience somatic cues feel versus aesthetic cues.
- You can experience asanas in traditional form versus somatic exploring.

Resources

- ❖ **Books: Coming Soon!** *Yoga Deconstructed* by Trina Altman
- ❖ **Courses:** Trina has several courses trinaaltman.com/online-courses/
- ❖ **Website:** trinaaltman.com/
- ❖ **Instagram:** [@trinaaltman](https://www.instagram.com/trinaaltman)
- ❖ **Facebook:** [facebook.com/trina.altman](https://www.facebook.com/trina.altman)
- ❖ **References:** Trina can be found on [Yoga Anytime](#) and [Yoga download for yoga classes](#). Feldenkrais Method, Hanna Somatics and Labin Institute, Mindful Movement by: Dr. Martha Eddy



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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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