



Melissa Gutierrez: Intuitive Movement For Expanding Your Presence



Melissa is a yoga teacher, personal trainer, energy healer, author, and a scientific-minded body researcher who also believes in the realness of magical practices. Melissa guides you through exploring the 3-D sphere that surrounds us, expanding it through yoga.

TOP EMBODIMENT TIP: “Just slow down, just slow down...that is one of the most valuable teachings that I’ve ever received.”

Intention: **Expanding physically to become more present through movement**

- Set yourself up for how you want to show up for yourself:
 - o How do you want to feel?
 - o What do you want to experience?

Sense Your Body: **Expand your presence**

- Using movement, discover how you connect with the space that is around you by exploring your sphere.
- Experience firing up your presence, and playing with the dynamic energy you’ve created.

Agency: **No one else has agency for you, it is yours to cultivate.**

- Follow your own innate desires.
- You are an organism of pure movement.
- Listen to your voice, the path of you, your personal power.

Invitation: **What will you invite in that completes the process?**

- Consider what you are inviting in: it's not just about what you are releasing; it's cleansing and moving the energy of your expanded body.
- Be intentional in your movement, your embrace, your voice.
- Invite something nourishing in. Use the space you create and carry it forward with positivity.
- Use movement as a healing tool, to protect and care for your family.

Resources

- ◆ **Website:** www.melgutierrez.com



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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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