



## Leslie Kaminoff: Inviting Embodied Experience



Leslie Kaminoff is a yoga educator inspired by the tradition of T.K.V. Desikachar, and the co-author of Yoga Anatomy. This session explores instructional cueing through Samastithi, Breathwork the Rhythm of the rise and fall, Diaphragmatic Witnessing, and Arches of the Spine.

### **TOP EMBODIMENT TIP:** Noticing the breath!

#### Good Cueing and Teaching: **Sthira and Sukha of Teaching and Learning**

- A technique is a particular teaching; There is a correct answer (i.e. Kapalbhati)
- Inquiry: What do you notice? There is no wrong answer (i.e. I don't know is a right answer)
- *"Recognition of confusion is itself a form of clarity"* -- T.K.V. Desikachar (Leslie's Guru)

#### Language and Choice: **There is no fixed way to teach**

- Multiple techniques can lead a student towards anxiety and exclusion  
i.e. "We are going to do a forward fold and feel it in the hamstring" (This implies there is only one sensation)
- **NOTE:** Leslie and co-author Amy Matthews subtracted the word "stretch" from the asana (poses) in the book Yoga Anatomy because the term implies one "should" feel a specific way

#### Principle: **Positive Change**

- Embodiment Session: Bi-pod mammals is on two feet
- Samasthiti asana (pose) equal standing / equal weight in all three points of both feet in the same time
- Inquiry: Continually ask questions about your feet, knee, body etc... How you hold your knee may change your feet!

#### Your Breath is Always Changing

- **Embodiment Session:** Hand on heart and navel to feel any kind sensation, temperature, feeling, rhythm
- Shift awareness each time the rhythm repeats, the rise and fall
- Instruction withholds certain words intentionally (i.e. cueing "breath", "inhale", "exhale")

#### Resources

- ❖ **Books:** *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews
- ❖ **Courses:** [fundamentals.yogaanatomy.net/info](https://www.fundamentals.yogaanatomy.net/info)
- ❖ **Website:** [yogaanatomy.net](https://www.yogaanatomy.net)



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## YOGAAnatomy.net

**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](https://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](https://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](https://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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