



Heidi Schnurr: Kundalini Yoga and Embodied Yoga Principles - A Match Made on Earth



Heidi Schnurr is a Kundalini and Embodied Yoga Principles teacher, who combines her work with subtle energies and connection to the body. Experience an Instinctual Self Kundalini Yoga session targeted at the lower chakras, bringing these lower energy centres into balance, and helping life energy to rise and balance the other chakras. The session also includes four postures from Embodied Yoga Principles.

TOP EMBODIMENT TIP: Learn to hear classical music with your whole body and soul.

Kundalini Yoga:

- **Kundalini Yoga is a spiritual practice, but it is also a very targeted technique for achieving something worthwhile in your life and in your own growth path.** It is meant to do something for your life here on Earth, though it can also prepare you for whatever you believe happens when you leave this world.

Embodied Principles Yoga:

- **Embodied Principles Yoga** is also a very targeted technique. It is **about creating awareness in your body through your experience in your body.** It can help you to see what you are in the moment, but also gives you the tools to make a choice to be something different, more of yourself.

Putting the Two Together:

- Kundalini and Embodied Yoga Principles work well hand in hand. In Kundalini Yoga, you work with subtle energies. It evens the path for a more conscious process in which you can better grasp and understand the Embodied Yoga Principles. **Both modalities strengthen each other in their effect.**

Guidelines For Doing Yoga:

- Be gentle to yourself.
- **Look after yourself and do not try to do things too perfectly.**
- Doing yoga is about working with what you have been given right now.

Resources

- ❖ **Website:** Yogaandembodiment.com
- ❖ **Facebook:** [Heidi Schnurr](https://www.facebook.com/HeidiSchnurr)



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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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