



Divya Kohli: Lessons from Teaching



Divya Kohli is dedicated to helping people find calm in their lives, clarity in their minds, and wellbeing in their bodies. She has been a committed yoga and meditation practitioner since the 90's, and is also an author. Experience Divya share an honest, insightful overview of her teaching career to date; including the challenges, highlights, personal and professional learning and how this has shaped who she is now.

TOP EMBODIMENT TIP: Make time for little moments in the day where you can get quiet and be with whatever is there for you.

Yoga: Lessons from Teaching & Studying the Practice of Yoga

- If we're present to what's going on in our hearts and minds, this is the practice of yoga and can be manifested even outside of the confines of a structured class environment.
- Passage from Jon Kabat Zinn - working as an employee for the universe, her view of being a yoga teacher.
- Traveling to India to complete a yoga program was influential and pivotal for her life, came back from India with little money and no job, decided to teach on the side.
- After first class she knew it was what she had to do, despite the difficulties.
- Passage from Nuar Alsadir: "**Move towards what you believe in and the person you are will step through**".

What is Yoga? Yoga is Energy

- It's an energy whose role is to guide the practitioner, **an inner guidance in the moment tied to the individual self**.
- This energy is also brought in by other people or things, people leave energies in a space.
- Ram Dass states yoga is a relationship, every relationship has a 'yoga' to it.
- **There is a yoga that is timeless and not bound to anything, comparable to God/Nature/Sky/etc.**
- This yoga holds all there is, and at the same time it is not impacted by individual yogas; it exists in the spiritual realm.

Q&A: Answering Various Participant Questions

- Suggestions/Tips for Yoga Teaching Training: **training & learning is never the end point, there is always more to come**, trial and error: learn what will work for you and what won't.

Resources

- ❖ **Books:** *Finding Peace in Difficult Times*
- ❖ **Website:** yogawithdivya.co.uk
- ❖ **Social:** Instagram [@yogawithdivya](https://www.instagram.com/yogawithdivya)
- ❖ **References:** *Myths to Live By* by Joseph Campbell, *Bhagavad Gita*



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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.