



Melanie Klein: Meditation + Discourse: How a Positive Body Image Empowers You



Melanie C. Klein, M.A., is an empowerment coach, writer, speaker and Professor of Sociology and Women's Studies. She is a respected thought leader in the areas of authentic empowerment, radical self-acceptance and super charged confidence. In this session, Melanie shares how a positive body image empowers you.

TOP EMBODIMENT TIP: Feminism freed my mind; Yoga freed my body.

It's one thing to intellectualise self-love and another to embody it.

Negative or Positive Body Image

- In creating a positive body image, we become **an active agent of social change** and we open a gateway to empowerment.
- **If we are hindered by a negative sense of self, we limit the possibilities of who we can be.**
- As an individual within a larger social context, we can begin to understand, learn, excavate and challenge oppressive ideas and values from the culture we live in.
- **Challenge the myth of mind over matter** in a holistic way and living through the whole body. We are complete human beings.

Body Image is a Construct

- Body image is the **psychological blueprint that we have of what we look like.**
- Body image is variable and is **a construct which has very little basis in reality.** It can be shifted and recreated.
- We can **use meditation to shift and recreate our body image** stories and beliefs.

Meditative Journaling

- Reflect on your **body image journey.** This is an opportunity to pause, reflect and journal about your body image story. Memories, conversations and stories inform the way you see yourself.
- What is your relationship to your body? What is your body image story? What does your self talk sound like?
- **How has your body image and relationship to your body either been an obstacle or a support in your life?**

Personalize and Sustain your Body Image Practice:

- **Your yoga mat can offer liberating opportunities.**
- Body positive and self-affirming practices should be equally varied and unique.

References

- ❖ **Books:** *Embodied Resilience through Yoga, Yoga Rising, Yoga and Body Image*
- ❖ **Website:** [Melanie Klein](#)
- ❖ **Social:** [Yoga and Body Image Coalition](#); [Melanie Klein Instagram](#)
- ❖ **Conference Offer:** Attendees signing 6 months 1:1 receive 2 bonus months if booked by November 20! (subject to availability and restricted in number)



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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.

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