



James Mattingley: Moving the Wounds of Masculinity



Yoga teacher and coach James Mattingley leads classes and training both online and around the world. Working with strength and depth, he guides men into a new form of masculinity. This is a slow, strong RA Vinyasa class for all genders and experience levels, guiding participants to recognise the power in acknowledging our wounds. Discover the wounds of our fathers, and bring light to how we can open them as a gift to the world.

TOP EMBODIMENT TIP:

Breathe and listen.

Wounds and Masculinity: The wounds from our fathers

- Wounds are the shame, doubts, guilt, or events that brought about trauma for us. This class allows us to come into contact with and forgive the mistakes made by our fathers, or by toxic masculinity.

A Message Through Story and Metaphor:

- **We are not complete until we acknowledge our wounds. Until they no longer control us.**

No Spiritual Bypassing: Don't ignore your wounds

- Mattingley notices how many yoga practices are filled with spiritual bypassing or hyper-fitness, providing a false sense of positivity and ignoring discomfort.
- Yoga is the spiritual practice of noticing our wounds and “being” with them.

The Yoga Practice: Grounding and strengthening with a soft heart

- This class focuses on Warrior poses that require you to shift and press your feet through the floor, grounding yourself.
- Mattingley keeps the arms horizontally extended from the torso for much of the practice, emphasizing an internal focus on the heart centre.
- He also includes some self-touch to massage out any wounds, physical or mental, that are ailing us.

Resources

- ❖ **Website:** jamesmattingley.com/
- ❖ **Social:** [@james.mattingley](https://www.instagram.com/james.mattingley)



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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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