



Mark Walsh: Non Pointless Yoga



Mark Walsh is the founder of the Embodied Facilitator Course, Embodiment Podcast, The Embodiment Conference and Embodied Yoga Principles. Mark has tremendous experience in leading embodiment focussed leadership training internationally and has over 20 years experience in Aikido. Allow Mark to expand your concept of yoga with some new ways of looking at traditional yoga poses and incorporating these into your daily life. Jump into this highly embodied session, replete with practices designed to get yoga off the mat.

TOP EMBODIMENT TIP: Do Less Pointless Yoga.

Yoga Is A Huge Umbrella Term Today Meaning Different Things To Different People:

- Mark's niche is Embodied Yoga Principles, whose ethos asks "***Is there a way of doing yoga that emphasizes psychological and personal growth?***" Yoga which can help one learn basic life skills, without chanting mantras or becoming super flexible and strong.

The Realisation Of Yoga Shifting Particular Emotional States:

- **This had never occurred to Mark before experiencing a forward bend pose which shifted his anger.**

Guided Practices Galore:

- Participate in embodying the feelings and emotions of the various poses and how to use them in your life.
- This kind of yoga reveals your character and it also develops your character.
- **"The problem with most Yogis is that people pick the yoga that deepens their neuroses."**
- Mark's orientation is not concerned with identifying the best type of yoga or practicing yoga correctly. He advocates discovering the embodiment effects of yoga to find out if it is something personally useful to help one embody more. Relevant to ask oneself: Why do I do yoga? How do I do yoga? Where do I do yoga? With whom do I do yoga?

Embodied Yoga Practices Were Formed To Develop A Language So That We Could Develop Different Sides Of Ourselves :

- The poses are not just poses - they are archetypes, they are energies, they are feelings, they are directions. **It's a language, which gives you a wider vocabulary to incorporate in many areas in your life** eg in dance, Aikido and the office.

Resources

- ❖ **Mark's Free Ebook:** [Making Yoga Meaningful](#)
- ❖ **Courses:** [Embodied Yoga Principles Teacher Training](#)
- ❖ **YouTube :** [Embodied Yoga Principles](#) (Lots of poses available on YouTube!!)



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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.

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

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