



Steve New and Yolanda Iseley: Opening Orientation



Welcome to the Meditation and Breathwork Channel! Meet your Channel Managers Yolanda Iseley and Steve New. Discover the incredible lineup of sessions to follow as we journey into the depths of meditation, mindfulness and awareness practice.

TOP EMBODIMENT TIPS:

Yolanda Iseley: “You don’t need to be a Hippie to move, after all this is Embodiment!”

Steve New: “If you don’t Breathe you Die. So I highly recommend Breathing.”

Meet your Channel Managers!

- **Yolanda Iseley** is a hula-hooper, yogi, dancer and meditator. As channel manager she is able to combine skills in organisation with her passion for embodied practices.
- **Steve New** Is an Embodiment teacher and coach with a practice background in meditation, martial arts, yoga, breathwork, and dance.

Exploring the Conference Portal

- The **Introductions** to each session can be found in the Meditation and Breathwork Channel.
- In this session, Yolanda Iseley and Steve New show you the schedule and introduce each speaker to help you find sessions most beneficial to you.
- **Recordings of Sessions** will be available around 90 minutes after the live session finishes
- **Attend Coffee Breaks** to chat with other people in between sessions.

Free Access is for **48hrs from** the live session

- **CLICK HERE** to Upgrade to Lifetime Access

Resources

- ❖ **Books:** *The Radiance Sutras - Lorin Roche, PhD*
- ❖ Connect with the community in our [Facebook Group!](#)



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

the
**embodied
present**
process

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Notes on each session to highlight key takeaways and fast-track your learning.



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