



Peter Blackaby: Sensing, Interpreting, Responding



Peter is a trained osteopath, Asana yoga teacher, and author of *Intelligent Yoga*. In this session, explore the relevance of a sensory approach to yoga, and some practice to flesh out the theory.

TOP EMBODIMENT TIP: Slow down.

Shifting From Anatomy-Based To Sensed/Felt Movement

- **You can be the best anatomist in the world and still not understand how to move.** Conversely, the best movers won't necessarily be anatomy experts.

Exploring Sensations And Perception

- **How we navigate the world and how we navigate our bodies through space is absolutely through sensation.**
- Sensations are impressions that land on nerve endings (i.e. pressure, light, movement/proprioception). These travel from our nervous system, through nerve pathways, to arrive at the brain where they are interpreted (i.e. perception).
- **Sensation isn't always perceived accurately.** Perception can be influenced by our history, beliefs, and understanding.
- **The world is changing, and how we meet that world will influence the kind of sensations that arise in us.**

Movement Practices To Connect With The Body

- We can use our practice to notice: *What am I doing that I don't realise I'm doing?*
- **We can use these simple practices to calibrate and get interested in our bodies.**
- No muscles can relax without support. In the practical session, Peter explored this idea through finding *downward dog* via support within the body.
- Learn how to interrogate our nervous system, our body, and therefore what may be underlying it.

Q&A:

- Some questions raised include: "Is there a misunderstanding that yoga is stretching?", "Yoga in modern times has lost any real connection to the subtle body e.g. nadis, chakras. In this way it is taught in a superficial way. Does it have a place now?", "Can we truly move without our history?", "How do we work with these principles of movement when pain is present?", "With where you are at now, how much are you attached to calling it yoga?", "Do you have any connection with Alexander Technique?", and "What is the best way to start and engage with yoga?".

Resources

- ❖ **Books:** *Intelligent Yoga*
- ❖ **Website:** www.intelligentlyoga.co.uk
- ❖ **References:** *The Feeling of What Happens* by Antonio Damasio, John Dewey, *The Guru Papers* by Joel Kramer



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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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