



Rina Jakubowicz: Simple "Super Yogis" Solutions for Harmony at Home



Rina Jakubowicz is the founder of Rina Yoga and Super Yogis Kids YouTube Channel, and is known for her vibrant and uplifting approach for students of all ages. Learn practical tools for yourself and with your children; deepen your connection to your own inner child; and gain clarity on how to solve problems and face challenges at home.

TOP EMBODIMENT TIP: Stay true to yourself.

Harmony in the Home Starts with Us: Perfecting the Self and Being the Example

- Controlling the internal environment versus controlling the external environment. At home, we are the example.
- **Taking ownership for our internal worlds** rather than having our happiness dependent on what is happening in the external world **is essential for harmony.**
- Use the formula of assess, observe, and understand for personal growth.

Putting on the Perspective of Another: Assessing the Nature of Others

- Each of us is unique in our composition of body, mind and intellect, so we each come with different ways of being, temperaments, and ways of perceiving the world and situations.
- **Taking time to assess, observe and understand the unique nature of those around us allows us to relate to who they are,** which brings harmony to our interactions.

Boundaries for Harmony: Alone Time For Each Person in the Family

- Build boundaries into the home around making space **for everyone to have their own time, alone, without technology** - parents and children alike.
- Making small changes to bring in alone time, even for 5 minutes at a time, **instills self-sufficiency and an understanding of other people's boundaries.**

Resources

- ❖ **Podcast:** [Mr. and Mrs. Yoga: A Conversation about Philosophy, Relationships, and Randomness](#)
- ❖ **Website:** rinayoga.com
- ❖ **Instagram:** [@rinayoga](#)
- ❖ **Facebook:** [rinayoga](#)
- ❖ **YouTube:** [Super Yogis Kids](#)



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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.