



Cyndi Lee: Sustainable Yoga for Life



Cyndi Lee is the first female Western Yoga teacher to fully integrate yoga asana and Tibetan Buddhism in her practice and teaching. Discover a sustainable approach to typical repetitive actions found in Sun Salutations and other poses.

TOP EMBODIMENT TIP: Feel Grateful for The Body You Have.

What Is Sustainable Yoga:

- **Sustainability** means “meeting the needs of the present without compromising the ability of your needs to be met in the future.”
- **Vinyasa** means “placing in a special way,” taking care how we place our body in space, and how we place body parts in relation to each other.
- Taken together, they become **sustainable yoga, a yoga that works with all of the ingredients of your life as they relate to one another, as you are now, and as you change over time.**

Group Practice Session:

- In a guided yoga session, Cyndi leads participants through sun salutations, standing and seated poses, back and forward bends, twists, and simple inversions.
- The goals are to learn **how sustainability relates to moving your body, to learn and practice active and restorative yoga, and to learn and practice grounding touch, to down-regulate.**

Radical Inclusivity:

- **Sustainable yoga is radically inclusive.** It means accepting everything in your body.
- Sustainable yoga invites curiosity--the ability to get familiar with who we are and get curious about what we CAN do.

Mindfulness:

- **Mindfulness meditation is “placing the mind” with care,** which helps us to accept ourselves “warts and all.”

Resources

- ❖ **Books:** *Yoga Body, Buddha Mind; May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind; OM Yoga: A Guide to Daily Practice; OM Yoga Today; OM at Home: A Yoga Journal; the OM Yoga in a Box series*
- ❖ **Courses:** [Mindfulness of the Whole Body, Mindfulness Meditation Mini-Retreat, and more.](#)
- ❖ **Website:** cyndilee.com
- ❖ **Instagram:** [@cyndisphere](https://www.instagram.com/cyndisphere)
- ❖ **Facebook:** [facebook.com/Cyndi-Lee](https://www.facebook.com/Cyndi-Lee)



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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.