



Leslie Kaminoff: Embodiment, Empowerment and Agency: We are Beings of Self-Made Soul



Leslie Kaminoff is a yoga educator inspired by the tradition of T.K.V. Desikachar. He is an internationally recognized specialist and workshop leader with four decades' experience in the fields of yoga and breath anatomy. Delve into this embodied enriched talk which may challenge some fundamental beliefs and false alternatives about who we are and how we have come to be.

**TOP EMBODIMENT TIP:** “Don’t accept the false alternative between spirit and matter”

Our Breath is our Teacher

- **A simple breath exercise can show us how there are aspects in life which we can exert control over, and at the same time show us areas over which we have no control.**
- “We have a choice about how we relate to things over which we have no control or choice.” Do we choose to be victimised or empowered by our response in such situations?
- We humans have an autonomic breathing system, but unlike most other mammals we can also choose to be voluntary with it; It is the Life Force inside of us which wills us to breathe, over which we have no control

The Breath Offers us Deeper Insight

- **Raga Dvesha** is the principle of Attraction and Repulsion. Does this come up for you in the breathing exercises where you feel attracted to the next breath before you experience it? A powerful question to ask oneself in the pause between breaths is to ask oneself, “**What is taking the next breath?**” Is it my body? Is it my mind, emotions or something else?
- Tapas - taking some action against our habits or status quo; Ishvara Pranidhana - an attitude of surrender to that we cannot change; Swadhyaya - Self reflective awareness or introspection

“We are Beings of Self Made Soul”

- Leslie asks “What if we literally create our own soul through the actions of our consciousness over the course of a lifetime?” He suggests that our soul is our consciousness and that our consciousness is inseparable from our bodies. He proposes we develop the capacity for enjoyment without guilt for damaging our spirit.
- **Leslie sees breathing practices as being the fundamental embodiment practices.**

Resources

- ❖ **TEC Free Gift:** Home Workshop Series [yogaanatomy.net/tec-resources](http://yogaanatomy.net/tec-resources)
- ❖ **Website:** [yogaanatomy.org](http://yogaanatomy.org)
- ❖ **Books:** “Yoga Anatomy” by Leslie Kaminoff and Amy Matthews
- ❖ **Dr. Porgal:** The Polyvagal Theory; **Allan Schore:** Affect Regulation and the Origin of the Self



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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