



## Yirser Ra Hotep: The Alchemy of Kemetic Yoga: The Ancient Egyptian Science of Transformation



Yirser Ra Hotep is the creator of the YogaSkills Method of Kemetic Yoga and leader of the global Kemetic Yoga Movement. In addition to Yoga, Yirser is a practitioner of Tai Chi and Qigong. Explore breath, movement and postures as expressions of embodiment from the perspective of ancient Egypt.

**TOP EMBODIMENT TIP:** Simply slow down and breathe; just focus on your breath, that's the key to everything.

### Kemetic Yoga:

- A system of **meditation, movement, posture and philosophy** that was practiced in **ancient Egypt**.
- Derived from Kemet, the original name for Egypt.
- Evidence of yoga in ancient Egypt has been found in hieroglyphs and artifacts depicting yoga postures and practices.
- The term 'yoga' is used as a reference so that people can understand what the practice is about because, among all the similar types of body-mind practices that exist in the world, 'yoga' is the most well known.
- The practice involves the **physical** and **physiological** planes, activates the **parasympathetic nervous system** and works on the **energy channels** (chakras and nadis).
- There are **unique Kemetic movements, postures and symbols** that arise from Ancient Egypt.
- Principles include geometric progression, energy flow, ancestral connection, self realization and self actualization.

### Postures:

- **Sesh Pose Variation 1** - sit with legs crossed (Sesh was a scribe who wrote the hieroglyphs)
- **Sesh Pose Variation 2** - sit back onto heels with toes tucked
- **Sesh Pose Variation 3** - sit back onto heels with toes untucked/pointing back
- **Maat Ka** - dynamic sequence (Maat represents the idea that the nature of the universe is one of balance, harmony, justice and order; Ka represents the idea of spirit)
- **Mir Mesu Heru** - pyramid child's pose (Mir means pyramid, Mesu Heru is the Egyptian name for child's pose)
- **Pose of Immortality** - spinal twist; normally done from a standing position, but can also be done while seated

### Resources

- ❖ **Website:** [kemeticyoga.com](http://kemeticyoga.com); [yogaskills.com](http://yogaskills.com)
- ❖ **YouTube:** [yogaskills](https://www.youtube.com/yogaskills)
- ❖ **References:** *The African Unconscious & Dark Light Consciousness* by Edward Bruce Bynum, PhD; *Ancient Future* by Wayne B. Chandler

## Yirser Ra Hotep





## All Meditation & Breathwork Presentations are Proudly Sponsored by

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