



### Karin Van Maanen: The Compassionate Body



Karin is a Yoga and Meditation teacher with an MSc in Mindfulness Studies and a Tibetan Buddhism practitioner. Would you like to be kinder and more compassionate to yourself and others? Karin will facilitate an exploration of what it means to embody compassion. The session includes guided meditation, Embodied Yoga Principles postures, and inquiry and reflection time.

#### **TOP EMBODIMENT TIP:**

Figure out what you need to practice in terms of embodiment to be more compassionate to yourself because that is the foundation for being more compassionate to others.

#### Self Care and Setting Self-Compassionate Boundaries: **Embody Connectedness**

- The definition of compassion-based mindfulness is to be aware of the present moment and including ourselves with kindness.
- Experience embodied intention.

#### Embody Archetype Exercises: **“Try On” Different Ways to Embody Compassion and Boundaries**

- How can saying yes or no support what you care about?
- Take away from this section one thing that you can use and one thing where you can choose and now practice to serve in service to yourself and others.
- Change your states by using your breath, your gaze, and your movement.

#### Resources

- ❖ **Courses:** Heart of the Matter & Compassionate Warrior
- ❖ **Website:** <https://www.yogaandmindfulness.co.uk/>
- ❖ **Social:** @yoginikari108, Facebook: <https://www.facebook.com/karin.vanmaanen.1>
- ❖ **References:** Mark Walsh, University of Aberdeen, Mindful Association



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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](https://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](https://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](https://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.

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