



Gary Kraftsow: The Gift of an Integrated Yoga Practice



Gary Kraftsow has been a pioneer in the transmission of yoga for health, healing, and personal transformation for over 40 years. He's the director and senior teacher of the American Viniyoga Institute, and author of two books, producer of four DVDs on yoga, several workshops, and research protocols. Immerse yourself in the mystery of breath as the connector of all of our systems.

TOP EMBODIMENT TIP: Understanding and Beginning to Work with your Breath, will Link your Anatomy, Physiology, mind, emotions in your narrative, and your spirit in one. So the breath is my answer.

Addressing a Multidimensional View; Yoga is More Than Asana, and Asana is More than Performing Postures.

- Yoga is a science created to cover the multidimensional nature of the human being and the human system. It helps individuals create a more conscious relationship with themselves at a multidimensional level, and through that relationship, gaining tools.

Asana + Pranayama + Chanting + Meditation + Prayer; Creating An Integrated Practice.

- Asana prepares us to receive. Pranayama that prepares voice (chanting) and mind. Meditation that prepares the heart. Prayer.
- Asana (Anatomy)
- **Cultivating a conscious relationship with your spine via your breath**, and then, through our spine, to the rest of your functional anatomy.
- Pranayama (Physiology):
- Affecting all of our physiology. **Using our breath as a parasympathetic-sympathetic activator.**
- Chanting:
- It has a meaning, a symbolism that speaks to your heart.
- Meditation:
- Helps us gain **mastery in the field of attention**, which helps in noticing our dysfunctional emotional patterns and the narratives we tell about ourselves and the world around us.
- From that awareness, we can break free and **liberate our inner nature and highest potential** (joy, love, and compassion).
- Prayer (the spiritual dimension of practice):
- **“Yoga is preparing for the moment of death”**: It prepares us to merge back with source; and in the meantime, to connect to things that bring meaning and fulfillment in the face of impermanence.
- Behavior: If our action in the world is aligned with our values and our goals, and our values and our goals are aligned with dharma, then we create the context in which we can receive those blessings and receive good fortune.
- **“Our deeper work is to deactivate the land mines within us and dig up an actual treasure that's already there”**.

Resources

- ❖ **Books:** *Yoga for Wellness, Penguin; Illustrated Edition, 1999; Yoga for Transformation, Penguin Books, 2002.*
- ❖ **Website:** [AmericanViniyogaInstitute](http://AmericanViniyogaInstitute.com)



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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.

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