



Jambo Truong: The Organic Rate of Release - An Innovation within Trauma-Based Yoga Therapy



Jambo is a multi-disciplinary practitioner and the founder of Jumbo Dragon Yoga. Jambo teaches the classical framework of Forrest Yoga, and adds his unique kinesiology approach to enable further understanding of the biomechanics and somatic experiences within the practise of yoga. Learn how to direct attention and open awareness to an area of trauma locked within the body, and explore how breathing and yoga soften the hardness of this locked-up trauma through a series of sequences.

Working with Trauma Stored in the Body: Side Bend Opening Sequence

- An initial guided practice to identify an area of stored trauma in the body to work with, flowing into a seated side bend sequence to open the lungs and ribcage and deepen the breath.

Abdominal Sequence: Transverse Abdominal Activation

- An energising lying-down series of sequences to activate the transverse abdominal muscles, deepening the exhale to allow a fuller inhale breath, and to release areas of tension.

Eliminating Tension: An Invitation to Release Tension Stored from Trauma

- An extended series of abdominal and leg sequences, generating energy to send to your area of trauma, allowing for integration and healing.

Warm Down Sequence: Noticing Changes

- Notice the differences in your chosen area of tension - the information this area may be sending you, the softening you experience.

Resources

- ❖ Website: <https://www.jambodragonschool.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.

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

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