



Lorraine Taylor: The Roots of Feminine Yoga



Lorraine Taylor specialises in offering an insightful, feminine way of practising Yoga, bringing forth her love of Tantra and Kashmir Shaivism. Currently, she's inspired by somatic-based practices and trauma-informed yoga. Discover the depths of a yogic practice through connecting the body with the elements.

TOP EMBODIMENT TIP: Be you! Bring your senses alive by breathing, touching and feeling yourself, just like immersing yourself in nature!

Yoga and the Elements:

- **Yoga means union and connection. We connect with ourselves, with each other and with nature.**
- We are made of all the elements and this is what makes life rich and what feels really nourishing.

The Element of Earth: Nourishing, vital, strong and grounding

- The earth element has a solid, dense and stable quality.
- Start to feel the element of earth through the healing power of touch.
- **Put your feet on the earth and feel the connection to this planet.**
- Widen your toes and open the pores of the feet to allow that energy of the Earth to enter. Observe what you feel.

The Element of Water: Creative and fluid

- Water is inside of us. It's in the blood. It's in the fluids inside the body.
- **Focus on the sensations of creativity and fluidity in the body.**
- Start to move the tongue in the mouth. Feel the wetness inside of the mouth as you relax the jaw.

The Element of Fire: Powerful, dynamic and transformational

- Take deeper breaths. Shake the body to get some dynamic movement.
- **Shaking, dynamic movement can bring up both emotions and resistance.**

The Wisdom of the Heart: Gratitude for the beautiful remembrance of who we are

- Breathe through the nostrils into the heart center. Feel the nourishment of the breath.
- Relax all the muscles of the face, the hands and anywhere that holds tension.
- Place your hands on your heart and say thank you for this beautiful remembrance of who we are.
- **Doing this practice daily helps us to appreciate, remember and commune with life in this beautiful way.**

Resources

- ❖ **Website:** <https://lorrainetaylor yoga.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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