



Jamie Abrams: The Yoga of Belonging



Jamie Abrams has been teaching internationally and living her yoga for 17 years. She is certified in Thai Yoga Massage, Super Sleep Yoga, Embodied Yoga Principles and Partner Yoga, to name a few. Join Jamie in this session as she guides participants into deep inquiry about what true belonging means paired with yoga postures. Discover more of her work at www.yogajamie.com.

TOP EMBODIMENT TIP: Breathe

The Yoga of Belonging:

- **Belonging is one of our deepest needs**
- We desire to be in connection with others
- However, this often leads to disconnection from ourselves because we're trying to fit in
- Yoga is about transformation

How to Belong to Ourselves:

- **Belonging requires letting go of who we thought we had to be**
 - Forward fold
 - *"True belonging does not require you to change who you are. It asks you to be who you are."* Brene Brown
- **True belonging is about being authentic to ourselves which allows us to foster true connection**
 - Enthusiasm pose
- **Belonging requires standing up for ourselves, our beliefs and our truth**
 - Mountain pose
- **To belong, we have to have personal agency, authority for ourselves**
- **Belonging requires vulnerability**
- **Belonging requires having a sense of care and love for ourselves**
 - Self-care love pose

Resources

- ❖ **Courses:** Check out Jamie's [online classes](#)
- ❖ **Website:** www.yogajamie.com
- ❖ **Social:** Facebook: [YogaJamie](#)



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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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