



Patty Townsend: What Does it Mean to Embody Yoga?



Patty Townsend is the founder of Embodyoga®, an inclusive and fully embodied approach to yoga developed out of 50 years of dedicated practice, study and teaching. Find out how to come into direct relationship with the depth of yourself and every cell and particle of your being and grow comfortable with being a flawed and beautiful human.

TOP EMBODIMENT TIP: Pay attention. Inquire deeply with self acceptance and a clear mind.

To Embody Yoga is to Accept the Full Range of Self:

- **Embodied yoga differs from classical yoga in doing away with a path towards ‘purity’.**
- We can come into a direct experience of our awake-aliveness to develop an embodied inquiry into ourselves.
- In embodied yoga we understand ourselves and enter the ‘muck’, accepting and loving those parts we do not like.
- **Embodied yoga is the process of coming into active relationship with what is.** We don’t pretend or fool ourselves about our divinity, we try to stay clear.

Cellular Awareness:

- We are changing the paradigm of how we perceive ourselves. The old paradigm is that the brain is somehow the hub of everything, but **every cell in your body is awake and self-aware.**
- You can sense into and feel the conscious radiance of cellular awareness by coming into an active relationship with the cells. By recognising them they express their own awareness of self.
- **You can’t ‘think’ your cells: they are crazy, wild and intelligent.** Each one is a micro cosmos.

Practices:

- **Cellular touch: to be in an active relationship with our body without agenda.**
- In touching and being willing to really feel the earth, its texture and density under yourself, you release a lot of the ego involvement of doing a pose. Instead it’s an inquiry into, **“What does this feel like?”**
- It’s a relief to realise that it’s not all about you. There’s something you can enter into a relationship with, even receive support from.
- Important enquiry: **“Do I have the inner support that is necessary to go deeper?”**
- “Not now” is a profound recognition.

Resources

- ❖ **Website:** embodyyoga.com
- ❖ **Social:** Instagram - [embodyyoga.patty](https://www.instagram.com/embodyyoga.patty) Facebook - [embodyyogagroup](https://www.facebook.com/embodyyogagroup);
- ❖ **References:** Bonnie Bainbridge Cohen



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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.