



## Kate Middleton: Wild Nature - Intimacy, Eros and the Elements



Kate Middleton is a champion freediver, embodied yoga teacher, somatic movement therapist and an authentic relating facilitator. Discover how to connect to the elements, the power of nature and the energy within yourself, through moving meditations and embodied explorations. Explore what relationships and intimacy mean to you.

**TOP EMBODIMENT TIP:** Get outside and observe nature, and She will show you how to be in your body.

### Relationships and Intimacy: Both are based on reciprocity and interconnectedness

- Being in support of the other (eg. different body parts, aspects of yourself, other people, yourself in nature).
- Exploring nature as a mirror for our lived experiences and as an extension of our bodies.

### Finding Safety in the Elements: A sense of home and belonging in your body and the world through nature

- Safety with the elements can be first learned through land-based embodied exploration, making it easier to immerse into them.

### Coming into Relationship with the Elements:

- Connecting with the **earth** through your feet: Allow yourself to receive the energy from the earth. Take in the earth and give back your presence and your weight. Our humaneness and embodiment is a gift for everyone and everything.
- Connecting with **water** by finding the wave like motion in your movement, letting yourself be guided by the flow and natural formation of the movement.
- Connecting to **fire** by touching your solar plexus and imaging the kind of fire you feel connected to.
- Connecting with the **air** by inviting it to an intimate exchange with your lungs. This vulnerability, receptivity, receiving and exposure makes life possible. Imagine your favourite flavour of air and breathe it deep into your lungs.
- The elements can also be brought to your favorite yoga asanas.

### Resources

- ❖ **Courses:** <https://www.katemiddletonyoga.com/authentic-relating-community>
- ❖ **Website:** <http://katemiddletonyoga.com>
- ❖ **Music:** [Spotify Playlist](#)



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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](http://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](http://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](http://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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