



Mark Breadner: Yoga and Money, The Perfect Combination



Mark Breadner is Australia's longest-serving Master Teacher and Yoga Educator. His mission is to help people realize their personal power, inspired purpose, and peak potential. Find out how to create a vision of who you want to be, how you want to serve, and how to access your genius.

TOP EMBODIMENT TIP: Focus on the inner game. Go below the surface of the iceberg. That's where the magic is. Whatever your practice is, take your insights and bring them into the world.

Inner World to Outer World:

- Our body becomes a mirror of our thoughts, emotions, and identity.
- Inner game (spiritual: wisdom, bliss, freedom) versus outer game (material: physical, energy, mental/emotional).
- In yoga practice, using kriyas, asanas, meditation to work on and reshape material in order to tap into the inner veil and spiritual energies.
- The metaphor of an iceberg: asanas are above the surface, whereas the rest of yoga is below the surface. When you want to be successful and make an impact, you have to go on that inner journey and go beneath the surface of the iceberg. ISHTA Kirya Yoga practice works below the surface of the iceberg.
- Ambition (i.e. personal gain) versus vision (i.e. can I take what I want and have that for everybody?) Focus on vision.
- **When we create the inner circle, we are creating our dharma, which starts to direct our outer circle, our karma.**

3 Simple Steps to Exploding Your Yoga Business: A Framework for Spiritual and Material Success

- Inner Game (essential, but often overlooked): create a vision; apply the master practices; connect to your unique gifts and talents.
- Soul Frame: master your message; create the perfect product; make an irresistible offer.
- Outer Game: be seen everywhere; convert your best customers; serve at the highest level; leave a legacy.

Bridging the Gap: Who You Want To Be versus Where You Are Now

- Dream wild: create a vision of who and what you want to be in the world.
- What is your superpower? What are your limiting beliefs? When you are doing something you love, it is something you are naturally aligned with. When you get your body, energy, emotions, and mind in alignment, you start tapping into your superpowers and being able to take them out into the world.

Resources

- ❖ **Courses:** [ISHTA Kriya](#)
- ❖ **Website:** [Yoga Coach](#)



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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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