



Eddie Stern: Yoga for Higher Consciousness



Eddie Stern is an Ashtanga Yoga teacher, author, and lecturer from New York City. He shares a few practices to tune into the different modes of experience that consciousness takes the form of, namely our breath, body and awareness.

TOP EMBODIMENT TIP: Keep practicing. From your practice, all is revealed.

Yoga & Consciousness

- Yoga is specifically designed to give us the experience of ourselves as consciousness; beyond the body, breath, thoughts and intellect, but not separate from them.
- None of these aspects are negated in yoga; They're just considered to be our mutable or changeable self.
- When we see that we're more than this mutable self, we will have an experience of consciousness, presence or awareness as the source of our being.

Memory & Awareness

- We get lost in our thoughts or become forgetful while meditating because our **memory isn't strong enough to keep it focused on the mantra, breath, or whatever we are meditating on.**
- When this forgetfulness happens, our awareness becomes identified with things that are happening around us.
- The purpose of strengthening memory is so you can keep your awareness where you want it to be.

Resources

- ❖ **Website:** eddiestern.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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