



Tias Little: Yoga of the Subtle Body



Tias Little has been teaching yoga since 1990. He has taught regularly at Yoga Journal conferences for 15 years and online for 10 years. This class weaves together movement, stillness, breathwork, and visualization.

TOP EMBODIMENT TIP: The art of listening to every breath, every cell and every pulse to connect to the embodiment process.

Subtle Body: The Body's Rasa (Vitality)

- In meditation, yoga, pranayama, etc. one is looking to connect with the subtle body, a place outside of the material realm, just outside of form
- The body is composed of various elements including earth, water, air, fire and space.
- Sound is a way to tap into the subtle body (e.g: om, mantras) and connect to pulsatory rhythms via channels called nadis.
- Hatha yoga pradiipika maintains that there are 350,000 nadis throughout the body.
- There are many portals to the subtle body: hands, feet, mouth, etc. via movement and sound practices.

Connecting to the Subtle Body: Preparing for the Movement Practice

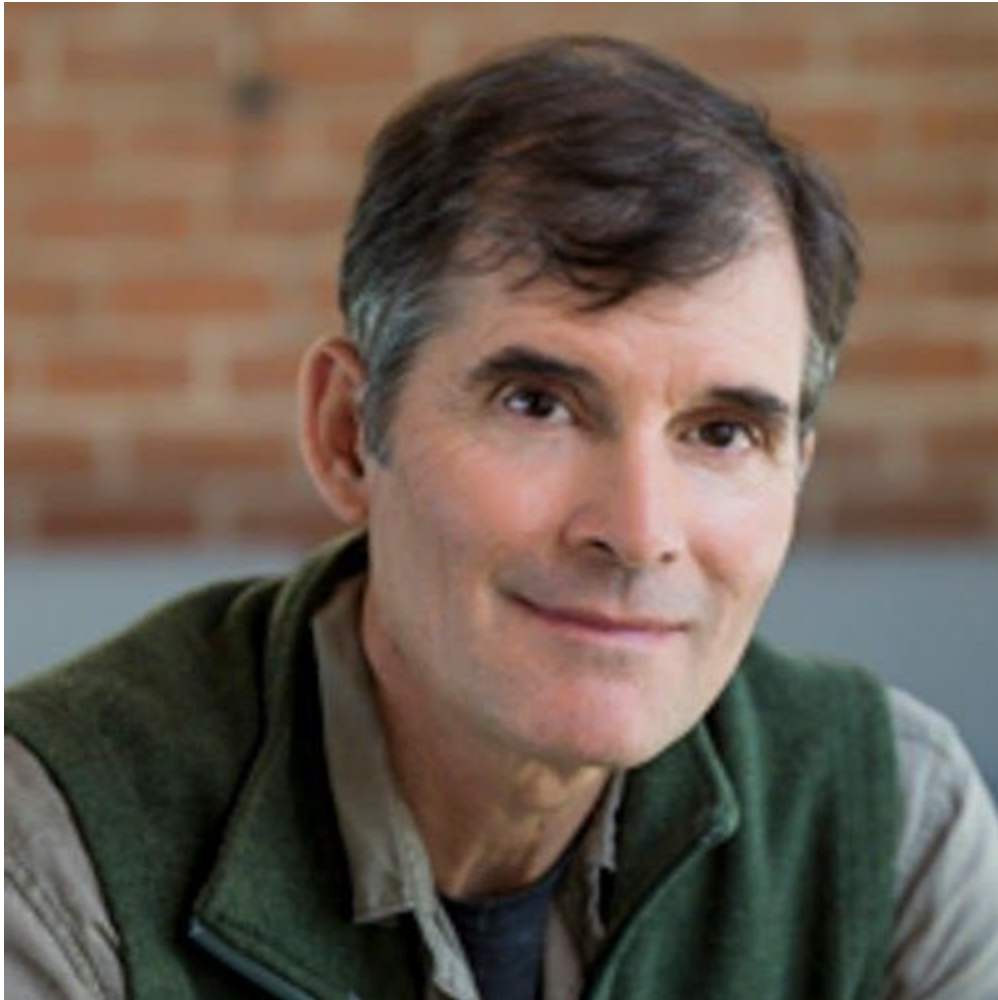
- Laying on a blanket on a yoga mat, you may need a yoga strap to assist.
- Allowing the weight of the body to settle, you may begin noticing sensations in the feet and hands.
- Notice the rise and fall of the breath, opening of the lung tissues.

Resources

- ❖ **Website:** prajnayoga.com
- ❖ **Instagram:** [@prajnayoga](https://www.instagram.com/prajnayoga), **Facebook:** Prajna Yoga



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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.