

Thinking Body Yoga – by Michelle N. Moore



Who is behind Thinking Body Yoga?

Only you are the ultimate teacher of this practice. **Vanda Scaravelli** is the inspiration for *Thinking Body Yoga*. Vanda was an Italian concert pianist. The famous violinist Yehudi Menuhin introduced her to B.K.S. Iyengar in the late 1950's. She also studied with T.K.V. Desikachar and then experimented on her own without a teacher for decades. She *discovered*, rather than invented, basic truths about the body, innovating a **deeply reflective style of hatha yoga** that is both accessible and challenging.

Why do Thinking Body Yoga?

- Discover tools for release of anxiety & stress
- **Gain enhanced energy** and vitality at any age, physical condition, or level of fitness
- Learn your physiology, the **laws of nature**, not perfection or performance
- Invest in **wellness** and **anti-aging** by using their ingredients - ground, breath and spine
- Reinforce the naturally occurring **conversation between body & mind**, strengthening both
- **Create real space in the body**, in the spine, for the internal organs, for detoxification, for circulation, spinal fluid movement – all elements of disease prevention
- Prevent & heal injury - promote energetic curiosity
- Be energized or truly rested rather than tired after practice
- Honour and **celebrate the individual** rather than a guru, a particular style, school, famous individual or the teacher in the room
- Mobilize and **enliven the spine**, constantly unraveling tension, and allowing the body to experience freedom, dynamic ease and comfort

What is the Thinking Body Yoga Approach?

- A profound **connection between the breath, gravity, and spinal elongation**
- A kinder, deeper approach, in tune with the **natural waves of energy** in the body
- A foundation in breath, the positive pull of gravity and the spontaneous release of the spine; it is a yoga that is **alive, vibrant, intelligent**
- **Inclusive and evolving**, embracing any practice, from any tradition, as long as it brings awareness and vitality directly to the geographic, energetic and developmental centre of the human organism – **the spine**



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- A yoga whose roots are **deep, healthy, and centered**, and that expresses energy and beauty
- A **reflective** approach enabling an effective and engaging moving body meditation; mindful movement
- Yoga based on each practitioner’s **intelligent engagement with sound anatomical principles**
- It is yoga that is **joyful and safe**, healthy and healing

How to do Thinking Body Yoga?

- Completely trust your body’s intelligence
- Make friends with the ground, your bones and your breath
- Allow tremendous mental focus
- Drop inside - make important discoveries (about your body’s ability to release and heal)
- Move to a position of maximum comfort, never creating tension in a pose;
- Allow undoing to occur – because you can’t “do” “undoing” – let it happen on its own
- Always breathe, noticing that gravity is acting on the body - harness & utilize these powerful tools
- Apply conscious breathing, by grounding in the earth, and by freeing the spine of tension



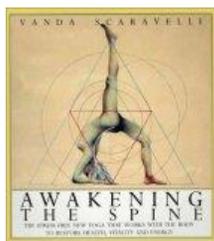
Some interesting points to consider

- **The body is always in the present.** When we take our attention to body sensations, we’re naturally drawn to the here and now. You can’t feel yesterday or tomorrow, only right now. The body thus is a natural anchor for mindfulness, when we pay attention to it.
- **Attending to the body has a grounding effect.** The body has weight—offering a counterbalance to the flighty, zooming mind. Mindful of the body, we’re recalibrating our center downward.
- **The body experiences by feeling, so by becoming familiar with patterns of physical sensation, we can more easily work with them.** If our body is in pain and we try to ignore it, resist it, or ruminate on it, we’re trying to live outside physicality. This is a recipe for fractured living. The body *is* our home, even when we don’t like the state of it. We face a better chance of happiness if we can open to the reality of body experience and explore how to be with it, than if we try to control it with thinking, or wish we could find somewhere else to live.

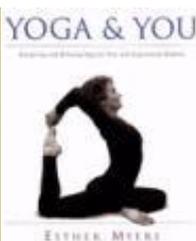
Recommended Reading:

[Awakening the Spine](#) [Yoga & You](#)

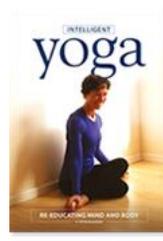
[Intelligent Yoga](#)



V. Scaravelli



E. Myers



P. Blackaby



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Michelle N. Moore

750-hr Certified Yoga Instructor
Esther Myers Yoga Studio, Toronto
2 year program, 2013-2015

Michelle has been practicing yoga since 1992 and meditation since 2005. She has experienced many yoga schools while practicing in USA, Russia, Germany and Canada including hatha, Kripalu, Bikram, Anusara, Kundalini, Ashtanga, Iyengar, Jivamukti, Restorative and Yin. Yoga and meditation have been instrumental in managing the stress of working as a business executive.

After moving to Canada, Michelle completed her teacher training focused on a unique, deeply reflective hatha yoga, inspired by [Vanda Scaravelli](#) (1908-1999) and [Esther Myers](#) (1947-2004). It is an intelligent, "thinking body" yoga practice rooted in physiology, anatomy and mindful movement, integrating 3 principles - ground, breath and spine.

Michelle's classes are customized to meet the needs of class participants with a focus on practices that can easily become part of a person's own tool box and utilized independently anywhere.

Michelle has been teaching since 2013 and currently teaches through 5 Elements Yoga, Brampton, Rest Nest Float Club, Yorkville, Toronto, and Esther Myer's Yoga Studio, Toronto.

Please contact Michelle at mmoore@mindequity.ca or 1 647 929 5736 information on

- Yoga & Culture Vacation on the Mediterranean Island of Gozo, Malta – October 8-15, 2016
- Yoga workshops for Anxiety & Depression, Insomnia, Headaches, Yoga for Musicians, & more
 - Private classes

Additional Trainings include:

- Yoga Anatomy with Pete Blackaby, author of [Intelligent Yoga](#), Toronto
- Diane Long Seminar, Toronto
- Approaching Inversions with Confidence with Monica Voss
- Yoga for Anxiety with Tama Soble
- Yin Yoga, Advancing the Practice of Stillness, Silence & Surrender, Marla Ericksen
- Kripalu Yoga and Meditation, Kripalu Center, Massachusetts
- Critical Alignment Therapy (Gert van Leeuwen), with Teresa Evans, Door County, Wisconsin
- Primordial Sound Meditation (Deepak Chopra), with Nina Phillimore, Moscow
- Meditation for Violin Players, with Dmitry Rafalyanz, Tchaikovsky Symphony, Moscow (4 years)
- Heart of Yoga, with Mark Whitwell, Kripalu, Massachusetts
- Yoga and the Bhahagavad Gita, with Stephen Cope, Kripalu, Massachusetts
- Anusara Workshop with Christina Sell, San Marcos, Texas



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