



RISE YOGA

Dear curious one!

Thank you for your time to investigate RISE YOGA as an option for you to deepen your yoga practice, and enliven what you want in your life.

Embarking on a yoga study programme or teacher training shouldn't be taken lightly. It's a big investment of time and dollars, and if you choose the right one for you, with a facilitator that you resonate with, it'll be one of the most rewarding, awe-inspiring, life-changing things you'll do.

So take your time to research options. Speak to the lead facilitators (and better yet, practice with them).

Finding your yoga

For myself, and for you, I've done so much research, exploration and experimentation to restore wellbeing, heal, work skillfully with my mind, and find what gives me meaning and purpose.

I've also done an immeasurable amount of research, experimentation and practice when it comes to yoga - the tradition, the styles, the different tools and methods. I know how boggling it can be at the outset to work out your place in the myriad of classes, retreats and trainings to find what feels right and what will give you what you need.

I also know what it's like to feel intimidated, or that you're not good enough, bendy enough or spiritual enough too.

This is my journey, it's your journey.

Here's the one thing you need to know. You don't need to be any particular level in your yoga practice (or hell, even know what yoga is! Most practitioners are still figuring this out) or sign up to any particular dogma when you take this journey with me.

I embody and teach the intricate ways we can map and awaken our bodies that enable us to feel well and good in the world.

Maps and yoga tools that are simple and should be accessible to all - and don't require you to put your leg behind your head, balance on your hands or have the latest outfit.

When you take this journey with me, it will open you up to a new way of being, of relating, of doing your work and loving it.



Practicing yoga to touch your toes, get stronger or heal your pain is great. Let's start here, also in the background knowing it sets you on a path that you soon realise is so much more than what you were initially seeking.

Stepping up to make a difference

The greatest need of our time is to change our relationship to ourselves, and in that change our relationship to others and the environment in which we create. This comes through embodiment.

I'm here to help you with your embodiment.

Because this is what I know to be true: when we're fully embodied and we feel well, moving with ease and freedom, we have the energy to move in the direction of our dreams, to design and make real the lives we desire, the life of our highest potential.

And really, isn't that what all the seeking, striving, pushing and stress is about? Finding a way to be happy and well within yourself, while doing something useful and meaningful in the world?

My immersions and trainings deliver on the promise of relating to your body, your mind and your life in a new way to live out your very best life. You will be more excited about yourself and what you have. Greater opportunities will make themselves known, and more intimate connections will be established. It's what you might call 'feeling the fullness of your power' - boundless and potent. It delivers on the promise of a brighter, healthier, inspiring tomorrow.

The new paradigm, the fresh start, I'm proposing for you is this:

- 1) Your body is your greatest channel for your dreams, your goals, your desires, your awakening.
- 2) Living with feeling and moving with freedom and ease takes life to a more fulfilling level.
- 3) We're here to be uniquely who we are - to give our gifts fully, and to engage with life with meaning and purpose, yet we hide, diminish, play games, create false belief, get distracted, which causes suffering. I'm here to help you ease that suffering.
- 4) There's a collective call to go deeper than the superficial surface of the practice, to ask the important questions that make us more responsible and compassionate human beings. A call to make it more than our 60mins on the mat, and more than circus tricks and contortionism.
- 5) Yoga gets us there, but the yoga as we know it in a purely physical sense, isn't always working.

I offer the highest standard of yoga education that goes beyond the basics in an immersive and expansive context.





You don't have to wait with years of struggling on your mat each week to get there. It's available to you now.

This is not just for aspiring teachers but for anyone who yearns to do better with their life. If you're curious, you're in.

Transformation awaits.

Here's the next step. Email me at adele@riseinmovement.com to start a dialogue, or better yet, book a 30min call with me to discuss where your practice is at, what you want from it and strategise how we can get you to where you want to be. I'll freely answer all your burning questions around styles, injuries, methods and more.

And if you are seriously looking into a teacher training, I'll openly give you the pros and cons of different formats (part time, full time, here and abroad) as I've seen too many friends and colleagues embark on a training that's not right for them purely based on 'it fitting with their calendar' or because they just wanted to get it done quickly.

We're not here in life just to get it done, are we? This has the potential to be one of the best things you'll ever do, so investing time in a conversation about that path is worth it (and any facilitator worth their salt will invest in time to talk with you too). I'll share my insider knowledge on what to look for in a good training (I'm not about selling you on mine... as mine won't suit everyone) and, more so, an excellent facilitator.

Book in with me [here](#).

Lead your own evolution in our 100hr Deepen Your Practice, Enliven Your Life immersion programme, then be THE revolution in our follow-on 100hour Art of Teaching programme.

LOVE
Adele XOXO

