



**BioSync Research Institute and Mindful & Embodied
offering
BioSync® Assisted Yoga: Adjustments and Alignments – Level 1**

Yoga has evolved in many pragmatic ways enabling a practical healing system now used for countless life reasons and purposes — all of which are wonderful. However, an important thing to consider is this — *not all styles of Yoga are appropriate for all bodies*. Blending Yoga with BioSync® and knowing how to align the body to receive the myriad of benefits available is the next evolutionary step that requires a dedicated student and a knowledgeable teacher. A teacher, who can help the student understand the intent of the postures and the importance of proper alignment. Postures, when performed correctly then become a personal blueprint of wellness, health, and mindfulness.

Some think Yoga is exercise. It is not. Fitness is a well-received and pursued side effect, however, Yoga and specific applications and techniques of the practice offer so much more. Our bodies have an entirely different intelligent system than our minds and both need to be cared for and attended to so that they may merge in perfect harmony. The skeleton must be held properly by the ligaments, tendons, and muscles for it to work to our advantage — keeping us healthy and flexible. And the mind must be strengthened — bridging the body and mind connection.

Clearly, how we present ourselves to the world is a big indicator of who we are. And how we hold our skeleton is a direct visible representation of our attitudes and health. How we show up in Yoga poses is how we show up in life. Fear is fear, regardless of circumstance. Shame is shame, boredom is boredom, fantasy is fantasy, envy is envy, anger is anger and agitation is agitation. The source of these stressors does not matter. We carry these emotions in our minds as well as in our bodies which in turn influences the strength of our nervous system. What does matter is that we can recognize these things and use the body as a tool to disintegrate the unhealthy patterns and start to implement new patterns that will lead us in the direction of health and fulfillment — which we all deserve and can have.

So we start with the foundation. How can we hold the skeleton in such a way to get the most out of our lives, practice and other fitness endeavors?

Yoga gives us all the necessary means to discover and heal ourselves, physically, emotionally, mentally and spiritually and it is available to all of us. In BioSync® Assisted Yoga, we realize the structural intent of the asana as well as an understanding of the chakras and the language needed to address issues and deal with them in our Asana's or postures. Every pose is just a seat. And if we do not align ourselves properly, we limit

the flow of Prana or Chi, if you will, and also inhibit the receptors and signals the brain sends to each and every system of the body; if that information is blocked by holding patterns, trauma, or even a simple misunderstanding of the body, energy will be blocked and the opportunity for healing or transformation is lost.

This training will teach the basics of how to identify holding patterns and methods to help release them using the science of the Yoga postures and the technique of BioSync. We will touch upon many things including the Energetic, Mental, Emotional and Physical mandalas that make up our body/mind. We will learn to identify what one might be thinking or feeling by observing movement or static body pattern(s) and specifically how to help them release through either physical techniques or transformational dialogue. We will talk about how to understand and identify sensation as sensation, thought as thought, limitation as perceived limitation and help others unwind these knots and tangles to create freedom.

A BioSync® Assisted Yoga trained Yoga instructor will learn how to identify these things and read body language and listen to the verbiage used to really assist and design movements for their clients and students to ultimately find their blueprint and integrate it properly and regularly.

Some poses need verbal cues and others need physical adjustments that aren't just manipulations. BioSync® is not manual manipulation. It is a blending of a body with another body using skillful and very distinctive techniques to free blocked or stagnant areas of the body.

Instruction includes:

- How to apply a lengthy sequence of BioSync® Assisted Yoga asanas and techniques, including transitions with variations and enhancements.
- How to approach a body.
- Appropriate and easy ways to adjust a body.
- How to get a student or client to move with you rather than resist the posture.
- What part of your hand, forearm or foot to use and how to move it using loops, spiral patterns and orbits. — this is the art of BioSync® Assisted Yoga.
- What poses a teacher can physically adjust a student in and also how can you communicate verbally the same thing when necessary.
- How to exit the adjustment and allow the student to integrate it on their own.

Training will focus on placing the teacher into the position of being a guide and nurturing the necessary skills to successfully walk around the room observing and adjusting students. A BioSync® Assisted Yoga Teacher knows how to effectively communicate and actively work on their students in any given class, walking around the room and assessing every body individually in order to assist them in reaching their fullest potential.

Natalie Buchi

Natalie began practicing Yoga in 2001 studying many different styles of yoga with many wonderful teachers and integrating all of that knowledge into her practice and her teaching. Natalie has experience and training in Ashtanga, Power, Anusara, Kundalini, Prenatal, Kids, Corporate, Restorative, Nidra and Meditation all of which attribute to a very well rounded practice for any Yoga practitioner whether they are seeking more athletic or alignment based practices to healing work. She also practice Kalaripayattu, which is considered a sister practice to yoga.

In addition to teaching Yoga, Natalie is a bodyworker trained in BioSync®, which is a type of bodywork that addresses trauma patterns in the body and helps to unwind, release and restore the body to it's natural state. She has learned through her study and own experience of each of these techniques and ancient practices that they are not only wonderful ways to keep the mind and body in good working order but they also create space to let go of what limits us and to consider life more comprehensively, more expansively. They give us a way to be more present and aware. They are tools for mindful living.

Natalie is a highly intuitive & empathetic person and combined with the use of these different modalities, she provides a unique classroom experience. She gives the participants an opportunity to access a part of themselves that is bigger, stronger, and more intelligent than they ever imagined while still encouraging self care and acceptance in every pose.

Leah Lamm

As the Executive Director of the BioSync Research Institute, Leah is responsible for providing operational skills for the various events, training's and daily administration of the organization. Leah partnered in the development and implementation of BioSync® with her late husband and continues now with her team of BioSync® Instructors. Leah's strengths include the ability to think holistically, logically and intuitively. These strengths enable her to guide the organization practically and effectively. She understands interpersonal relationships with students, clients and consultants.

Leah embodies positivity, community and motivation as she offers the resources and support needed to stay healthy. Creating hope through the philosophy that a well body equals well being. Leah has advanced the art and science of BioSync® through tools, training, and platforms designed to promote and encourage both business and personal growth. Leah designed and formalized the BioSync® training protocol manuals. And, as a teacher and facilitator, she has co-lead BioSync® trainings for the last 15 years. Leah's openness to wisdom and ability to apply knowledge with critical strength are hallmarks of her interpersonal leadership ability.