

## Undress Your Inner Goddess: Naked Yoga



Image Source: Petter Hegre

Strip down to your skivvies! Aw hell, lose the skivvies, and experience the experiences of all experiences, naked yoga. Now, some of you are probably having an anxiety attack just from thinking about the possibility of being naked in room full of random people, but fear not, this practice can be done in the privacy of your own home. [Nakedyogaschool.com](http://Nakedyogaschool.com) features a weekly series of online yoga instructional videos that are specifically targeted towards the yogi's that enjoy their privacy.

These instructional videos can be purchased, uploaded, and directly streamed from your computer via their online [Vimeo](https://www.vimeo.com/) community. According to *Naked Yoga School's* mission statement : *Nakedness is often viewed with shame and fear. This practice is geared toward removing this shame, fear and other limiting self perceptions and instead bring you closer to pride, respect, honor, openness and acceptance.* Sounds pretty self empowering!

[Naked Yoga West LA](#) also provides classes and workshops for women and men living in the Los Angeles area that are interested in experiencing the enjoyment of practicing yoga naked as well as open to sharing that experience with others.

In this day and age the media tends to praise and advertise impossible body image requirements that range from too skinny to not skinny enough. From the tv screen to the magazines, and even social media websites intentionally advertise photoshopped images of

what they define as incredibly beautiful women that we all should aspire to be or look like. Rarely do we see one Us-Aren't our bodies beautiful to?

From there we develop our insecurities, which almost always involves shaming our bodies and comparing them to others. Now, don't get me wrong, I'm not stating that by doing naked yoga will automatically erase all of your insecurities, but it does sound like the first step to learning how to love and accept YOU.

[Yogaundressed.com](http://Yogaundressed.com) features online downloads and DVD's for purchase of their highly popular instructional naked yoga series: *Yoga Undressed, The Goddess Series*. On their website there is a beautifully written mission statement that describes and explains how beneficial and empowering naked yoga can actually be. Enjoy reading this snippet from *Yoga Undressed*, I sure did.

*Discover a shimmering oasis, where your natural beauty becomes the catalyst for deep transformation. The energy that you cultivate becomes the river of enlightenment, rising up through your spine, sending a thousand beams of light from your crown into the universe.*

*Enter our sanctuary, and together we will journey to a place beyond exercise, to that timeless space at the core of your being---to your inner landscape, where the poetry and power of your soul meets your physical body, where you can reach out and touch the beating heart of the world.*

*Embark on a path with us and meet the energy of your existence, the sacred, sexual power of the divine feminine, of the goddess, source of life-giving energy, prosperity and enlightenment, movement, creativity, life itself.*

*May these DVDs remind you of the eternal power and grace of your life force, of your boundless, unfettered spirit, and your natural beauty, unadorned and perfect because of it-- the freedom and essential aliveness that yoga serves to liberate.*

*Yoga, undressed - - sheltering playground, sacred sanctuary. Your journey to the true coalescence of body, mind and spirit begins here ...*

Sat Nam  
Namaste ~

Sources: NakedYogaschool.com, Naked Yoga West LA, Yoga Undressed, and photography by Peter Herge.