



Tara Judelle: Using Fascial Streams As Gateways To Flow



Tara Judelle International yoga teacher and founder of Embodied Flow. Journey into the somatic field of fascia. Tapping into the tensile collagen matrix of support, and unlocking inner channels of fluid electrical chi.

**TOP EMBODIMENT TIP:**

“Investigate the inner landscape of yourself as you would the most beautiful outer terrain and know yourself through that investigation.”

**Inspired Yoga:**

- Finding ways to dive into the felt sense of the layers, the frequencies, and flavors of your physical structure.
- The opportunity to **dive into the felt sense of our own embodied existence.**
- Until we dive into the landscape, really, of what we are, from the felt sense - to our fluids to our bones to our fascia.

**Embodied Movement:**

- Allows us tap into the tensile collagen matrix of support.
- Allows us to unlock inner channels of fluid electrical chi.
- Expedites the exploration of different pathways through the body; and
- Releasing blocks in the body through the morphology of form.
- Progresses us from asana to free movement into flow.

Resources

- ❖ **Courses:** Workshops, Retreats, Teacher Training.
- ❖ **Facebook:** <https://www.facebook.com/judelle>
- ❖ **Playlist:** <https://open.spotify.com/playlist/3klz9N6RpljEhjWbOgUGRB?si=7sZiJv2bS1KxtR7lKmzW7A>
- ❖ **Social:** [@tarajudelle](#) and [@embodiedflow](#).
- ❖ **Website:** <https://www.tarajudelle.com/>
- ❖ **References:** Work of others, recommendations etc.



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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](https://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](https://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](https://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.

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