



## Julie Martin: Finding Elasticity to Move Energy and Prana



Julie Martin setup Brahmani Yoga 15 years ago in Goa after teaching for 25 years. Julie wants you to think outside of the box. Get off your mat, shake up the old dogmas, find the freedom to unfold in the beauty of a yoga practice that emerges from the inside. Understand how to move energy through the body to experience an embodied yoga practice by finding elasticity in the body using joints articulations.

**TOP EMBODIMENT TIP:** To be embodied whether it's on the mat, in your practice or not, just pause.

### Where We Direct Our Attention, That Is Where Our Energy Flows: **on and off the mat!**

- Practice is always in the awareness - how connected we feel.
- The first part of any embodiment practice is 'Can I notice?' 'Can I be present with what I'm experiencing now?'
- Prana is often in the background, but the **main purpose of any hatha yoga practice is moving and working with our prana.**

### Practices To Connect Our Prana:

- We have ways to cultivate our connection with prana:
  - **Movement.** Especially in current and modern times, we spend a lot of time sitting, so our energy gets stagnant and stuck.
  - **One of the reasons when we move and we have this heightened awareness of our bodies is that it's the prana that is moving.**
  - Dr. Joe Dispenza - "Wherever your awareness is, your energy is."
  - **When we focus on it, we can direct it.**
  - **Sometimes in our yoga practice, we move out of the prefrontal cortex,** and more into the cerebellum, processing; the limbic system is processing sensation and feeling.
  - This means that sometimes when you get to the end of a really great class and **you feel totally connected,** you're in your body and not in the language centre.

### Resources

- ❖ **Website:** <https://www.brahmaniyoga.com/>
- ❖ **Courses:** <https://www.brahmaniyoga.com/online-school>
- ❖ **Social:** @brahmanijulie (Instagram) <https://www.facebook.com/brahmaniyoga>
- ❖ **References:** Dr. Joe Dispenza, *Flight* by Jesse Blake (music album used as playlist).  
<https://open.spotify.com/album/5VGeAH9byxMVpn0hpEseRA?si=qGSsJ0HRSdCDZYnuoKkPhg>,
- ❖ **Quotation Cited:** Einstein, "Matter is energy. Energy is light, we are all Light Beings".



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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.

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