



Tara Judelle: Flow State



Tara is the co-creator of the School of Embodied Flow, combining yoga and movement practices with body-mind centering work. Discover how she aims to “disrupt” the status quo of traditional asana practices and how you can make your yoga practice more dynamic and meaningful.

TOP EMBODIMENT TIP: Anything that’s inside of you, you can know by feeling into it, and there’s codes and keys to exactly who you are right there.

Background and Aim: Tara is passionate about influencing the greater world of yoga, which she sees as currently placing emphasis and attention on more of a ‘power yoga’ flow. She has noticed that **meditation** (which is the origin of yoga), how meditation moves into movement, and how we open to awakening through the use of our body as a vehicle, is being largely left out of the current yoga conversation.

The ‘Disruptor’ Style: Using the yoga asana as a portal, that ‘disrupts’ the participants to literally step out of the ‘box’ off their rectangular mats to explore movement and dance through a felt sense experience. Moving from asana to movement to asana, continually disrupting the formal pattern of a yoga class

- **Contrasting the limiting perspective of ‘this is the only right way’** as producing a dry, rough, egoic way of being in the world with a spherical, three-dimensional, emotional and experiential approach which produces liberated embodied beings.

Body-Mind Centering: Tara discusses her understanding of body-mind centering and her experiences studying with Bonnie Bainbridge Cohen, a movement artist, researcher, educator, therapist and seminal embodiment practitioner. She describes this modality as a practice of diving into the consciousness of the frequencies of every layer of the body - including cells, muscles, bones and organs. The trajectory is sensing, feeling, then action. This work encompasses the idea that when you move into the frequency of a layer and can feel into it, you are able to access and move from embryological patterns.

Tantra:

- This modality falls within the basic definition of tantra as being **anything that uses your own body as a technology in order to access the greater universal energy or as a means to spiritual practice.**

Regarding other schools of Yoga and other Disciplines:

- At the heart of all disciplines we are all seeking the same thing: **to be seen, loved, and acknowledged**
- We are all aspects of the same universal self
- The disciplines overlap and as we move them through individual containers there will be different ways of interpreting, experiencing and sharing them