



Brahmani Yoga

WITH JULIE MARTIN

Julie Martin teaches yogis around the world how to break free from linear yoga and invites you into a practice that embraces your individuality and curiosity. An EMBODIED Yoga based on a sensory experience, free from outdated dogma and limited linear structures.



7.5K



4.5K



1.3K



510

About Julie

Raised as a Vedantist, she grew up immersed in the philosophy of yoga. In her 20's she began to practice asana and research different ways of moving while studying the history of yoga. The resulting discovery is that yoga is EVOLVING and always has, so we have permission to explore these practices, challenge the myths, and move forward with knowledge and awareness. Her mission is to EMPOWER your practice. To help find your own pace, fluidity, and strength in a structure that is an invitation, not a rule. Tap into your curiosity and trust your experience to take charge of your practice on and off the mat.

Taglines

- Join the intelligent yoga rebellion
- Embodied. Empowered. Always evolving.
- Yoga, reconsidered

Relevant Links

Website

www.brahmaniyoga.com

Julie on Ekhart Yoga:

<https://www.ekhart yoga.com/teachers/julie-martin>

Book

The Transformation Journey

[An Immersive Experience For Personal Development & Creative Empowerment](#)



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Press Mentions

Shut Up & Yoga Article

The 200-hour Yoga Teacher Training & the demise of modern yoga

Teacher on Ekhartyoga.com Platform

Exploring natural movement in Yoga
Intelligent rebellion in the yoga world

YogaPodden, Radio Session

The Queen of the Yoga Rebellion

The Embodiment Podcast with Mark Walsh

Yoga in the world
Somatic Yoga

On and Off Your Mat with Erika Belanger

The Transformation Journey

Talking, Teaching & Flow with Raphan Kebe

Julie Martin - Yoga

Creativity for all Podcast

Rethinking Yoga Creatively

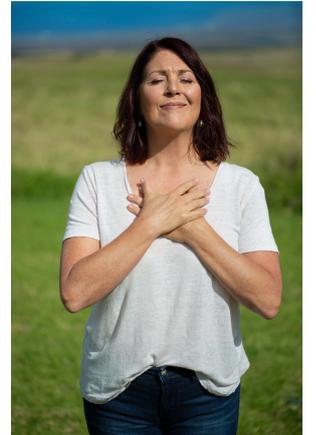
The Yay! Yoga Podcast

Embodied movement & changing the 200hr TT model

No Ordinary Yogi

I am preparing people for a job that is in service to others

Headshots & Photos



Logos



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Services & Offerings

Yoga Teacher Training

Yoga needs empowered teachers who empower everyone they teach. That is why Julie is committed to training teachers – whether in-person, on-demand online, or through 1:1 mentorship. Since 2003, Julie has inspired more than 500 teachers to question what they've been taught, investigate their own experience, and explore teaching as a creative process. They leave her training confident in their skills and ready to invite students to an embodied practice beyond old dogma and linear rules.



Events In Person And Online

For the past 20 years, Julie has traveled six months of every year to facilitate retreats, workshops, and masterclasses in 25+ countries. Some students have joined her retreats for 17 consecutive years – because they love her vibrant passion as a teacher, her relentless commitment to evolve her practice, and the company of their fellow students. Julie's classes are deeply informed, creative, and lighthearted.



Online School

Every month, hundreds of students practice with Julie in her online school, and in her weekly masterclasses. Julie encourages students to find their own pace, fluidity, and strength in a structure that is an invitation, not a rule. She no longer asks people to mold themselves into a pose. Instead, she guides them to explore natural spirals, pulses, and expansions. Her students learn to trust their experience and take charge of their practice – on and off the mat.

