

Hi, it's Amy here and Welcome to The Prana + Patchouli Podcast! If we haven't met yet, I'm a yoga and meditation teacher and the founder of Prana + Patchouli, my digital sanctuary and the home of my LIGHTER Membership and community.

This podcast is where you'll get heartfelt guidance, support, and inspiration to help you navigate your emotions and stay centred as you show up for your dreams. Every Sunday, I'll be sharing self-care tips, spiritual tools and guided meditations for less stress, more flow and living your highest purpose.

This show is for the creators, teachers, healers, mamas, light workers, leaders and dreamers who want it all, without neglecting themselves, or burning out. Perhaps that's you? Ambitious, but anxious and overwhelmed. Tired and uninspired, your heart screams "there has to be something more". You want to go for your dreams and feel good while you do it, but you're not sure how.

Well... big exhale... because you're exactly where you're supposed to be. I've been there too and that's what inspired me to create this podcast which is all about creating your life in alignment with how you want to feel.

Through the lens of yoga, we'll explore different ways of aligning your mind, body and soul to calm your anxiety and awaken the light within you.

It is possible to be a leader and lighthouse and still feel the full spectrum of human emotions. I certainly do. I've healed my own anxiety and depression - from the inside out, using the same practices I'll be sharing here. I only teach from the tools that I've embodied in my own life and that's why these practices are so precious to me. Like Rumi says, "the wound is the place where the light enters you".

Teaching yoga helped me find my true purpose, and perhaps most importantly, my voice. For as long as I can remember, I've been told I was "too quiet" and that belief shaped my world. I mean, I've wanted to bring this podcast to life for 6 years!



But, time healed and somehow, the pain and fear of hearing the words “speak up” transformed into a powerful call to action, and reminded me that the things we think are “too much”, “not enough” or we don’t love about ourselves, often hold our magic.

So, as a deeply feeling person and I guess you could say, a sensitive soul in a sometimes stressful world, I’ve been thinking about how I want to show up and have meaningful conversations about finding ease as we share our gifts and build our dreams.

I believe we have everything we need within us for success and happiness, we just have to learn how to tune in.

Wherever you’re listening to this - on your daily walk, on your commute, in the bath or while you’re cooking in the kitchen, my hope and intention is that this series will be a weekly calming balm, to nourish, uplift, inspire and guide you, anytime you need to be reminded of your true power. In peace, we get possible.

But, I don’t want it to be something you listen to once and forget about. I invite you to bring these simple, moment-to-moment tools into your inner circle of family and friends, community and consciousness in your daily life. These practices have made my life happier, lighter and more abundant - in every way possible. My prayer is that they’ll do the same for you.

Each 10-minute episode will centre around a positive affirmation, or mantra that will inspire the theme of our conversation and practice that week. A mantra is simply a word or phrase that you repeat silently, or out loud, to invoke the energy you want to cultivate and to remind you of who you really are.

One of my personal favourites, inspired by the spiritual text, A Course in Miracles, is something I repeat hundreds of times a day, whenever I need to get back into alignment.

“I choose peace instead of this”.



I love this because I can use it anytime, anywhere and it instantly calms stress and anxiety, connects me with my higher self, interrupts any negative stories, soothes my nervous system and focuses my mind on better-feeling thoughts.

Take this with you into your day and try it in your own life! Make this your mantra.

As I wrap up this introduction, I just want to say that it really does mean the world to me that you're listening. I'm celebrating over here, and honestly, I'm not very good at taking the time to do that, but I'm raising a mug of english breakfast tea - because it's super early when I'm recording this - and I'm so grateful this podcast is finally out in the world. I want to take the time to make it all matter!

You can subscribe to The Prana + Patchouli Podcast now, wherever you find your podcasts. And when you subscribe, you'll get instant access to the first couple of episodes. Be sure to invite all of your friends and I can't wait to meet you back here next Sunday for a brand new episode. So, until next time, from my heart to yours, Namaste.

