



FIND YOUR
BALANCE.



MIND BODY STUDIO
at the Salem YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YULIA

Yoga Instructor

www.northshoreymca.org

YULIA



Yulia is a Lead Teacher, Certified Children's Fitness Specialist, Infant and Toddlers Yoga Instructor. Certified Traditional Hatha Yoga teacher. She has over 15 years of experience working with children in private and public organizations organizing Enrichment Programs, Summer Camps, and Sport activities, Yoga classes for children and adults.

