

JULIE



Julie began practicing in 1997, teaching in 1999. Several styles of Hatha Yoga have influenced her practice over the years. She teaches a breath-centered embodied class - yoga from the inside out with roots in developmental human movement - push, reach, yield, radiate, spiral. Julie earned her 200 RYT in 2009 through Swallowtail School of Yoga, and is currently in training to earn an additional 300hrs at Yoga Center Amherst. Julie invites you to drop your stuff at the door, come play on the mat, practice with a beginners mind. Yoga brings you home to yourself. Come find physical, mental and spiritual balance, through effort & ease, pranayama, and yogic philosophy

