

Julie Ewald is a master yoga teacher who leads with a full, open heart and challenges at a physical, emotional, and spiritual level. Julie provides an atmosphere of calm, consistent nurturing and supportive connection. Throughout class, her loving wisdom and personal anecdotes surround you like the welcome acceptance of a warm hug! Get ready to be transformed inside and out if you are lucky enough to take a class with Julie. *Ali C*

I found Julie Ewald in 2014. Her teaching has made a dramatic difference in my life. She has had a positive impact on both my physical and mental health. I depart each class with both a stronger and more flexible body, and with a loft in my spirit and my step.

Julie cares deeply about each student; she makes every effort to ensure they leave with greater knowledge and insight into their own abilities. I love her combination of the discipline of the flow for the physical body and the nuggets of insight for life off the mat. She has a delightful way of combining challenging asana with intellectual stimulation. My favorite analogy is the clean sheet of paper, if you join Julie's classes I am sure you will find your favorite as well. Julie is one of those delightful teachers who continue her own study, and her own journey, investing the time to join her students on the yogic path. This self study is one of the activities that keep Julie's classes fresh and inviting.

I am an older student, who had a very sedentary adult life. I came to yoga after I retired from a corporate career. Julie's attention to alignment and encouragement to listen to my own body has ensured that my practice had evolved injury free. I know I will enjoy a long and healthy retirement, built on this solid foundation.- *Karen Abramson, Certified Yoga Teacher and Certified Zentangle Teacher*

Yoga studios always made me feel self-conscious, but Julie's place was different. Her unique approach helped me carve out a space in which I could safely practice. She showed me that yoga is not about achieving perfect poses, and that's it's okay to fall out of them. I try now to practice being vulnerable and embracing challenge at the same time—in yoga and in life. Thank you for your amazing guidance, Julie!- Maya E.

I've been an athlete my whole life, and have been willing to try just about any sport or outdoor activity -- except yoga. I resisted yoga for decades, pleading my inflexibility and my need for a real workout as opposed to "just stretching." Three years ago, a friend gave me two free passes to Julie's hot classes for my birthday. My friend wanted to take me to my first class so there was no graceful way out. I went and it took every single ounce of my willpower to stay in that room for the whole hour. I don't remember anything Julie said or did in that first class because I was wearing a burqa of sweat. It's good that my friend gave me two passes because I had to go back for another go. And suddenly, without warning or any inclination on my part, yoga--and Julie--entered my life.

I am profoundly grateful for Julie and her teaching. I think I had been worried that there was some yoga judge out there who would make public that I didn't measure up, that I couldn't do yoga. I only ever felt support and encouragement in Julie's classes. Don't get me wrong, Julie's brand of support is not quiet or gentle. Rather, she pushes you to confront yourself, your expectations, your hesitations, your supposed limits. I don't know if Julie has read Walt Whitman's Song of Myself, but his line "I exist as I am, that is enough" frequently runs through my head when I'm in a class with Julie. Not because I am content, but because I accept. Julie has taught me to let go in struggle and accept that it is enough.

*I've been practicing yoga for three years. Although I have had many teachers in those three years, I will always and forever think of Julie as "my yoga teacher."
-Linda O.*

Julie is a cheerful, wise, and talented yoga teacher. She has the great ability to intertwine her knowledge of anatomy and alignment of asanas with the philosophy and spirituality of yoga to give her students a profound experience. I was somewhat new to yoga when I first attended one of Julie's classes and she did a great job of making me feel comfortable in the room, as well as confident and able with the challenges she provided throughout class. Julie's sequencing would always meet my expectations and would almost surely reveal new insights to familiar poses. As good of yoga teacher as Julie is she is and even better person. Always being sure to greet and welcome every student as they walk through the door she provides a true sense of community and acceptance that is very comforting. -Karl Anderson 300hour RYT