

I'm not sure where to start in order describe how highly I recommend working with Julie. When I met Julie, I was experiencing terrible back-pains. Not only have her teaching helped me physically (today the back pain is gone) but it's made me a fundamentally happier person. That's because yoga with Julie is not just about feeling healthy, vibrant, and wonderful through the exercise, but also about finding calmness, space and acceptance within the practice. So, while I'm usually not a person who throws around big words, I can wholeheartedly say that working with Julie has changed my life to the better. - *Mette Jensen*

"Julie takes a whole-body/mind approach to her classes, which I'm grateful for. I leave feeling completely reset, both mentally and physically energized. It's hard to find a teacher who both challenges and nurtures -- Julie is that teacher!" *Jess Haas*

"I am not much of a writer but I would give anything a shot if I could get across the impact that Julie has had on my life and she doesn't even know it. I have always had some form of yoga in my life but nothing compares to the level of mind and body teachings I have had with Julie at her studio.....the intensity of her words and movement are captivating and you just want to keep coming back because what she instills in you is that your life on the mat and off the mat go hand in hand and it truly humbles you. I will always be grateful that I have had the honor to know yoga this way and it is because of Julie. I have learned to use my yoga breath and be more mindful of my thoughts....now my job is to pass this on to my kids and get them to come to class with me! much love and thanks to Julie- *Leslie H.*

I starting taking Julie's yoga classes 7 years ago when she opened Rock Yoga.

I immediately knew I was in the right hands. Some yoga teachers can be confusing in their explanation of poses or offputting by fostering a competitive non-yogic environment. Not so with Julie. Julie really sees each person in her class. She engages with a deep level of understanding. I love what she says in class- how she relates what is

happening in class to what happens outside of class. You get the feeling that she is learning right along with us. She is the first yoga teacher that I have felt is *my* teacher. I had to take a break from yoga after I was diagnosed with breast cancer. I had been scared to return to yoga after a two year break, not sure of my ability or strength. But I started doing Julie's zoom yoga classes when the pandemic started. It has become the highlight of my week. Her insight and her special way of honing in on how to help you go deeper into the pose even translates through zoom. I feel so lucky to be able to take her classes during this time. Julie is a loving, personable, wise, humble, and beautiful teacher.." *Stephanie S.*

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