

*Julie became interested in mindfulness 25 years ago as she was beginning her master's program in psychotherapy. She continued to seek ways to integrate the mind and body spending a year studying with the Institute of Mindfulness and Psychotherapy. This experience was both personally and professionally transformative, leading her to share this mindfulness practice with others.*

*As a therapist Julie feels that mindfulness and yoga contribute to growth and healing by building a bridge between body, mind, and spirit. In 2013, she took the Mindful Self Compassion course with Chris Germer and Susan Pollak. Julie went on to complete the 2 years of Mindfulness Meditation Teacher Certification Program with Tara Brach and Jack Kornfield. She feels passionate about bringing the practice of mindfulness meditation to her clients and students.*

*Julie integrates the practice of mindfulness meditation, self-compassion, and loving kindness into all areas of her life.*