

Julie Yoga Bio

Yoga has been part of Julie's life since 2017. Her journey began with a dedicated personal practice, starting with Hatha and later moved towards Vinyasa yoga. In the summer of 2024, she completed her 200-hour Vinyasa Yoga Teacher Training, where she discovered her love for teaching and sharing yoga with others. After six years in a corporate work environment, she consciously chose to fully focus on supporting people in their physical and mental well-being through yoga. Since then, she has been teaching regularly in the Netherlands and now in Spain.

Julie's classes offer energizing, grounding and mindful flows, inspired by her love for the ocean and the outdoors. She teaches Vinyasa yoga, a dynamic style where movement and breath are linked together in a continuous flow. Some days the practice is slow and gentle, other days it is more dynamic and strength-focused. The pace and intensity depend on the energy of the group and the moment.

Her classes are open to all levels and taught in English. You don't need to be flexible or experienced, there are plenty of options offered to make the practice accessible and supportive for everyone. The focus is on how the movement feels rather than how it looks. Expect a calm and intentional beginning, mindful movement, a little heat, and a relaxing closing, leaving you feeling energized, grounded and ready for the rest of your day.

If this sounds like something you'd enjoy, you're very welcome to join a class!
You can find Julie's current class schedule via [@juliemoves_yoga](#) on Instagram, or get in touch directly via WhatsApp at +31 6 23091358.