

Complimentary Yoga

with Julia



Monday - Thursday
On the Yoga Deck

7AM & 6PM Daily

Since 2012, Julia Bernbaum has taught Vinyasa, Iyengar, Yin, and Restorative Yoga styles to all levels of students on the Mendocino Coast.

She received her initial training in an Ashtanga/Iyengar blend through Yogaworks, Mill Valley in 2012, and trained in Restorative yoga with Jillian Pransky, National Director of Therapeutics for Yogaworks in 2014.

She maintains both a restorative and active Hatha practice rooted in structural integrity and inspired by many disciplines.

Her teaching is sourced from a background in dance and performance art, a three-year Buddhist retreat residency, hiking and a love of nature, and the understanding of the subtle body.

Julia's passion is to find ease in all of life through balance, deep listening and honoring of our true self.

Currently, she can be found teaching weekly classes at Yoga Shine in Mendocino, where her offerings are introspective, insightful, intentional, fun and deeply nourishing.

Julia feels blessed to continue to learn, share and grow with her students through the many traditions of yoga.

