

# lululemon Yogi of the Month



## Julie Moore

*Classes Taken: 175*



**OCCUPATION:** Salon Owner - Hairdresser

**NICKNAME:** Juju

**FUN FACT:** I rode my bike from Seattle to Washington DC to raise money for the American Lung Association.

### **WHO'S YOUR FAVORITE INSTRUCTOR?**

The instructor teaching is always my favorite because somehow they always give me exactly what I need.

**WHAT IS YOUR INTENTION FOR YOUR YOGA PRACTICE?** Clarity

**WHAT IS YOUR FAVORITE YOGA POSE?** Camel + Pigeon

**WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST?** Anything Prince.

**WHAT INSPIRES YOU?** My daughter!

**HOW LONG HAVE YOU BEEN PRACTICING?** 12 years

**HOW HAS YOGA IMPROVED YOUR LIFE?** It has transformed me into a better human.