

# BUSINESS BUILDER RETREAT

## NOVEMBER 10 – 11, 2018

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### **JULIE ISABEL**

Physiotherapy was the first career Julie devoted herself to for 10 years. In 2004, she chose to gear her practice towards naturopathy, a life philosophy which includes healthy eating, movement, breathing, and sleep hygiene on a daily basis to strive for better balance. Her passion for wellness led her to teaching yoga. Julie Isabel's approach is both simple and comprehensive, uniting the body and spirit to promote self-reflection with gentleness and kindness.