



Julie Baker  
Yoga & Wellness

♥ Greetings! ♥

Pat yourself on the back for showing up and doin' what you do. You are Rockin' it!

I'm Julie Baker, yoga teacher, energy worker & creativity catalyst. Fun fact—I was born and bred in Wichita. Currently, I am living in a small town outside of Savannah, Georgia. I moved here after a 4 year stop in Seattle, Washington, where I fell in love with the art of watercolor painting and for the first time, began to think of creativity as a means of self-care, not just a way for me to pay my bills. Yes, I get “red slipper” and “yellow brick road” comments quite frequently.

My yoga journey started in Wichita with a class taught by Flora at Pizza Hut World Headquarters, where I was a graphic designer. That led to me being the first yoga teacher at the South YMCA. From there, I went to Yoga Central where I taught until my move to Seattle. I was tickled when Jill Miller asked me to spread some refresh and revive yoga vibes your way. We go back to her Hair Force days. I was a client at the salon. I thought she was “like, totally to the max.” Between you and me, I've wanted to work with Jill for many years. So yipee!!!!

In 2002, I completed my 500 hour certification through The Institute of Interdisciplinary Yoga Studies, owned by Renee DeTar and became a 500-hour registered yoga teacher (RYT) with Yoga Alliance. Since that time, I have continued to study, learn and teach. I have studied Yoga Therapy, Restorative Yoga and am currently finishing up a certification to teach Energy Medicine Yoga (EMYoga™). By October of 2020, I will officially be the only certified EMYoga™ teacher in Georgia. It is a beautifully rich practice combining energy work with yoga poses. I can't wait to share it.

All this learning has inspired me to create a blended yoga and art experience to facilitate vitality, resilience and health. Before Covid-19, these experiences were in-person, now I'm in cyberspace with the rest of the world.



In the coming months, I will release two digital courses. One will be yoga only. It will be first. The other will be art and yoga combined. Look for this one in 2021.

To make sure you are in the loop, head over to my website. Sign up for my newsletter and claim your bonus. You will receive a **FREE 20-minute yoga class** when you do. I love free stuff. Don't you?

Be sure to check pages 2 and 3. I've included a special treat for your feet. In addition, I teach 2 Zoom yoga classes, Monday & Thursday at 10:30 am Eastern time. Monday is Yoga for Vitality and Thursday is Flow & Restore. I offer modifications to make it accessible to just about everyone. I'd enjoy seeing your smiling face in class.

Here's the direct link for Zoom classes.

<https://juliebakeryogawellness.as.me/zoom-daytime>

Or you can register through my website:

<https://creativelyonward.com/classes>

See you on the mat!

Julie

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*Use this technique to release tension in the feet and legs.*



**Step 1:** Place tennis ball under center of heel. Gently put weight onto ball. Hold for count of 10. Release pressure.



**Step 2:** Roll ball up pinky toe side of the foot to the pinky toe mound. Gently put weight onto ball. Hold for count of 10. Release pressure.



**Step 3:** Roll ball to center of the ball of the foot. Gently put weight onto ball. Hold for count of 10. Release pressure.



## ♥ Feet Treat ♥



**Step 4:** Roll ball to the Big Toe mound. Gently put weight onto ball. Hold for count of 10. Release pressure.



**Step 5:** Roll ball back to center of the ball of the foot and squeeze toes around it. Hold for count of 10. Release pressure. Notice how amazing your feet and legs feel.

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## ♥ Bonus! Silky Feet ♥

*Your feet will thank you. Psst, this is fabulous for your hands too.*

**Step 1:** Gather a hand towel, socks, hand soap, olive oil, sugar, and your favorite lotion.

**Step 3:** Add hand soap to your feet and a bit of water to lather it up. Rinse completely.

**Step 2:** Sit on the edge of the bath tub or wherever you can wash your feet. Pour a tablespoon of olive oil and a teaspoon of sugar into the palm of your hand. Then massage it all over your feet.

**Step 4:** Dry your feet with the hand towel. Massage in your favorite lotion. Add socks to seal in all the goodness. Enjoy!