

Now teaching yoga classes on Zoom. Scroll down to see my Zoom Yoga Schedule and links to join classes.

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# Julia Carpenter Yoga + Reiki

## Welcome to the Peace Shala™ Program

### *Your Home for Peace Within*

Hi, I'm Julia and I help survivors of trauma in order to heal yourself by showing you yoga techniques to release the stress in your body and your mind. This is Yoga for SURVIVORS. We focus on relieving stress and anxiety through breathing, movement, relaxation, and meditation.

*I always leave the session with my mind cleared and focused and body relaxed!*

-Phoebe, Los Angeles, CA

## Zoom Yoga Class Schedule

### Tuesday

 11:00 a.m. PST [Peace Shala Yoga](#) (all levels) - Donation Class [Zoom code: 845 3694 5948](#)

### Wednesday

**Wednesday**

10:00 a.m. PST Prenatal Yoga - [@Wellborn Lifestyles Zoom code: 630 296 8501](#)

**Thursday**

11:00 a.m. PST [Peace Shala Yoga](#) (all levels) - Donation Class [Zoom code: 875 4704 5923](#)

**Friday**

10:00 a.m. PST Prenatal Yoga - [@Wellborn Lifestyles Zoom code: 630 296 8501](#)

2:30 p.m. PST [Slow Flow Yoga](#) (all levels) - Donation Class for Ergobaby [Zoom code: 871 4336 8455](#)

**Saturday**

10:00 a.m. PST Prenatal Yoga - [@Wellborn Lifestyles Zoom code: 630 296 8501](#)

*Come "visit" and take a class!*

**Donation Classes:** Please Venmo @Julia-Carpenter-7 or

Paypal <https://paypal.me/carpenteryoga>, the recommended donation is \$20-25

**Wellborn Lifestyles Classes:** Please just click on [@Wellborn Lifestyles](#) to book + pay for your class

**Music**

Here is my recommended yoga playlist so you can play it at home during class or for your own practice sessions: <https://open.spotify.com/playlist/6pN44k07RutbokqmY8gcFo>

**How to Zoom**

1. Click the link for the Yoga Class you want to join

OR

Just go to <https://zoom.us/> and download the app on your phone or just click "join meeting" on your laptop

2. Enter the Zoom meeting code

3. Enjoy the class!

## [Yoga on YouTube](#)

I'm also sharing yoga and meditation videos to help relieve stress during this unprecedented "Safer-at-Home" time.

Please [visit my YouTube channel](#) for my Yoga in the Time of Corona series of 15-20 minute all level practices.

## Private and Small Group Sessions

I also teach private and small group Yoga classes, Relaxation, Breathwork, Meditation, and Distant Reiki sessions via Zoom.

I am based in Los Angeles, California.

Please [contact me](#) for rates and availability.

Yoga styles include: Hatha, Vinyasa Flow, Restorative, Prenatal, Trauma Informed Yoga, and Yoga Nidra.

## Join My Community

See what I am up to on [Facebook](#) and [Instagram](#).

## Yoga

When I found yoga, I found my true home. I teach yoga with a focus on balanced action, alignment, and breath. One of my yoga students describes my classes as "mellow tough," which I think is a very good approximation. I focus on finding the softness & surrender within the strength & effort of each pose, something that I am also continually working on in my own practice. This type of yoga practice not only builds strength in the body, but also allows us to release tension and be more present for ourselves. It is also perfect for both the beginning student who doesn't think they are "stretchy" and the advanced practitioner alike. I find joy in supporting others, and in addition to my own class offerings, I am grateful to be teaching at Wellborn Lifestyles. I am able to support moms-to-be on their journey through pregnancy teaching prenatal yoga in an environment where they feel safe to share what they are going through.

## Meditation

The definition of meditation is to engage in mental exercise (such as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness. But, I believe that by meditating, we are able to release the jumble of thoughts that clog our brains to come to a place of stillness so that we can be in the present moment. I have been practicing meditation since 2003 and it has helped me to pause before reacting, make better decisions, and enjoy each moment at a greater capacity. It is key to helping me manage stress and my overall health. I enjoy teaching guided meditation sessions as part of my yoga sessions or on their own.

## Reiki

As I taught yoga, I sought other ways to bring healing energy to those that I serve, so I pursued my Reiki certification. Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. I am delighted to offer traditional Japanese (Jikiden) Reiki healing sessions.

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