

Julie Roach



JULIE ROACH E-RYT PT

A native Floridian, Julie Roach is a yoga instructor with over a decade of yoga experience. Yoga on the water was a natural progression. An outdoor enthusiast and international workshop leader, she was introduced to standup paddling in 2009. She's taught as many classes outside as in the studio, SUP YOGA was a perfect fit! Julie holds certifications in ashtanga yoga, hatha yoga, personal training and Red Cross Lifeguarding + First Aid CPR.

Julie has been instructed by some of the biggest names in SUP: Nikki Gregg, Slater Trout, Chris Stephan and Kristin Thomas. In 2010, she was invited to teach on the water at the Gerry Lopez Battle of the Paddle in Dana Point, California – the premiere SUP event. Julie's keen ability to empower her students and inspire her peers makes it no wonder she is poised to become one of the top SUP Yoga instructors in the country. Her H2YO program blends seamlessly and safely yoga postures that connect with nature on a whole different level. Join her on a paddle for a pure zen experience!

SHARING THE SUPLOVE Julie currently serves as an ambassador for lululemon, Suplove and Indo-Board. Look for new and innovative H2YO products and training tools available soon on her website.

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Plastic Free Ocean. Surfrider Foundation. Project Kaisei. Just as passionate about keeping our oceans clean, Julie is a strong advocate of these projects. Cleaning up the water is our responsibility, each time we step on the beach or on our board !

Julie's schedule: www.H2YO.CO or email Julie@julieroach.com