

Julia McDonald BFA, MOT, OTR/L is a yoga teacher of 16 years with specialized training in yoga for therapeutic applications and special populations. She graduated from GovState in 2021 and has worked as a pediatric outpatient therapist. Julia uses a developmental approach when working with all clients, understanding the significance of mind-body connectivity from the earliest life stages. When treating clients, she emphasizes the importance of motor (body) development towards greater social-cognitive (mind) development and vice versa.