

POWER OF SHE

EMPOWERING THE NEXT GENERATION
OF WARRIOR WOMEN



THURSDAYS 4-45PM

765 MAIN STREET, HMB

AGES 10+ GIRLS

raulcastillomartialarts.com

MOVE



NOURISH

GROW



Power of She

Welcome to Power of She:

A program designed to empower the next generation of warrior women through the way of fitness & nutrition.

Offerings:

- Strength training (Weight lifting, kickboxing, push/pull elements, emphasis on proper form, total body power)
- Cardio circuit (High intensity interval training, core burners, sprints)
- Confidence skills (Working with affirmations)
- Discussions on how nutrition can have a profound impact on how we perform
- Breath work introduction (How athletes can use pranayama as their secret weapon)
- Rest & recovery regimen (So you can always crush each goal)



About me

HI, I'M JULIA!

Being diagnosed with celiac disease at the age of 12, I decided to take a holistic approach to healing. Oh, the books I've read on gut microbiome and podcasts I've listened to on hormone balance!

In my gut, (pun intended), I knew my celiac diagnosis was here to teach me something. Through that, I became a 200-hour certified yoga teacher, ultramarathon runner, barefoot enthusiast, learned how to stand up for myself, and am now a beast at whipping up a nutrient-dense meal in seconds.

As I am writing this, I am working on curating a brand for myself, entering the world of entrepreneurship in my twenties. But, more on that later...



MY WHOLE LIFE,

I've been surrounded by strong women whom I've been subconsciously soaking in their determination to achieve a goal, reach the next level, or make a positive change in some shape or form. Because energy attracts like energy, and since I surround myself with people who have unwavering grit, it's my turn to pay it forward. Here's to a world full of powerful women, cultivating vigor wherever we go.



With gratitude,
Jules

Contact Me

Don't hesitate to reach out if you have
any further questions!



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