

Training & Credentials

Julie Cardoza · Heartscapes LLC

I teach Somatic Restorative Yoga, coach women through perimenopause and menopause, and speak on the nervous system, hormonal change, and living well in midlife. My work is science-based and body-led — grounded in what we know about the nervous system and the menopause transition and practiced from the inside out: following sensation rather than forcing shape, and making room for the deep, supported rest the body rarely gets.

My training includes:

Somatic & Restorative Yoga

- Registered Yoga Teacher (RYT-200)
- Applied Polyvagal Yoga, Levels 1 & 2
- Trauma-Informed Yoga Certificate
- Yoga for Menopause Certificate
- Lasater “Restore and Renew” Level 1 Certificate — *in progress*
- Morning Altars Teacher Certificate

Perimenopause & Menopause Coaching

- IWHI Perimenopause & Menopause Coach
- Yoga Medicine Women’s Hormone Health Certificate — *in progress*
- Lasater Somatic Woman - *in progress*

Somatic & Mind-Body Training

- Pacifica Wellness “Afternoon of Life” Certificate
- Polyvagal Institute Mind-Body Practitioner Certificate
- Somatic Embodiment & Regulation Certificate
- Integrative Somatic Trauma Therapy Certificate
- Polyvagal Institute Neuro-Integrative Medicine: Gut-Brain Axis & Mental Health Certificate — *in progress*

Clinical Background

- M.S., Counseling