

## Wellness Summer Bingo WEEK 5: Mindfulness

**To attend, click on link here:** [Rooted and Refreshed: A Midday Yoga Reset](#)

Meeting ID: 267 881 330 127 0

Passcode: 3vK74FQ9

Dial in by phone

[+1 808-913-3203,,366977353#](#) United States, Honolulu

[Find a local number](#)

Phone conference ID: 366 977 353#



---

**Workshop:** Rooted and Refreshed: A Midday Yoga Reset

**Presenter:** Julia Graham, OTD, MFA, OTR/L

**Workshop Date/Time:** Tuesday, 7/29/2025 from 12:00 PM – 1:00 PM (HST)

**Workshop Description:** Join us for a gentle, inclusive virtual yoga session designed to help you reset and recharge. This practice will blend foundational yoga postures, mindful breathing techniques, and a short guided meditation to support focus, flexibility, and calm. Whether you're at home, in your office, or on campus, this session is accessible to all bodies and experience levels.

Come as you are—no prior yoga experience is needed!

**What You'll Need:**

- A sturdy chair or a yoga mat
- Comfortable clothing
- Optional: yoga blocks, strap, or a small pillow for support

**About the Presenter:** Dr. Julia Graham resides in Henderson, Nevada, a charming suburb located about 15 minutes from the vibrant Las Vegas Strip. Before making Nevada her home, Dr. Graham lived in various cities, including Seattle, WA; Nashville, TN; San Francisco, CA; New York City, NY; Charlotte, NC; Portland, OR; and Cincinnati, OH.

Prior to her career as an occupational therapist, Dr. Graham dedicated much of her life to dance as a student, performer, teacher, and choreographer. From 2007-2014, she co-founded and operated a non-profit dance company in the Bay Area. She attained her yoga teacher certification in 2006 and has shared her passion for yoga both nationally and internationally. Recently, she completed her 500-hour yoga teacher certification with a focus on sharing yoga with healthcare workers.

Before venturing into academia, Dr. Graham served as an acute care therapist for a large hospital in Seattle, Washington. Within the organization, she assumed roles such as mentor, clinical instructor, and education coordinator for the rehabilitation department. Her clinical expertise primarily involves working with adults and older adults facing physical disabilities, cognitive impairment, psychosocial challenges, and chronic conditions.

Dr. Graham's current research interests focus on exploring how dance and yoga can be incorporated into occupational therapy practice, as well as delving into the scholarship of teaching and learning.

Beyond her professional pursuits, Dr. Graham finds joy in spending quality time with her spouse and three small dogs. She loves to travel and spend time in the great outdoors. Among her favorite occupations are cooking, gardening, exploring new destinations, indulging in television, and practicing yoga.