



Biography

Amatara Wellness Resort has recently appointed yoga teacher, Julie Montagu as a brand ambassador.

Julie Montagu is one of London's top yoga and nutrition teachers. She was recently named one of the Top 10 Holistic Health Icons in the world.

As Cosmopolitan said: 'Among London's taut-buttocked set, the name Julie Montagu is talked about with the sort of reverence reserved for the Dalai Lama. Her Sunday class in SW3 gets so packed (80 ppl) that she often teaches standing on a radiator.'

Julie is the brains behind the membership wellness site truly-julie.com and author of three international best-selling books: *Superfoods*, *Eat Real Food* and *Superfoods, Superfast*. Her fourth book *Recharge: A Year of Self-Care to Focus on You* was published in January 2018 and is already flying off the shelves.

Julie is founder of Whole Self Yoga which provides 200-hour teacher training courses for students who wish to become yoga instructors as well as short courses and retreats.

Julie regularly appears in press articles and on TV discussing the benefits of yoga and healthy living. She's the official BBC Royal correspondent for Prince Harry and Meghan Markle's wedding in May and the new face of Liz Earle, presenting live for QVC in America.

Married with four children, Julie divides her time between London and her family's historic house at Mapperton (mapperton.com).