

Recommendations

Amy was my yoga instructor at Yoga 101 in Evansville, IN. Amy guided the class with a calming voice and often, would share her own experiences about yoga. If the class had a large number of students, Amy still gave you individual attention. Her profound knowledge of yoga and modifications to the practice helped me improve my own practice. She is a dedicated instructor with a strong passion to help others on their yoga journey.

- **BRENDA LATHAM**

Amy Johnson's yoga instruction speaks this truth. Her depth of knowledge of poses, how they effect our body and mind, and her precise instruction have allowed me to breathe, forget about my "self," and move into a blissful yoga practice time and again. Amy teaches to the body and mind simultaneously. As she instructs to each precise placement of the physical body, she informs us of the benefit of the pose in a soothing voice, allowing the mind to calm and focus on breath and movement. I can truly "get out of my own way" during a practice. As we close with Namaste, I come away feeling strong, focused, and calm. Thanks to Amy's excellent instruction, I've come to enjoy and appreciate daily yoga practices.

- **SUSAN RICE**

"Yoga is the journey of the self, through the self, to the self."

- **THE BHAGAVAD GITA**

Amy is a gifted yoga teacher who resonates the beauty and the powerful gift of yoga being more than just a physical practice. I have personally been a certified yoga instructor for over fifteen (15) years. I have attended many classes throughout the country, interviewed and vetted many instructors as a manager of a Wellness Center. Amy is a stand-out in all my years of seeking other instructors with whom I felt students would be safe, coached, cued effectively and inspired within their class to center, quiet and grow in their personal practice. Amy has a great love and respect for the healing power of yoga for the mind, the body and the spirit. Amy has a personal and professional light within her spirit that shines and desires to share and spread the healing capacity that can be found for individuals physically, mentally and emotionally. Amy's instruction is one that emits authenticity and presence as she leads her students, not rote mechanical direction. Amy is well trained and self-educated in correct physical alignment which is paramount to being not just a good, enjoyable instructor but a safe instructor. I highly recommend Amy as an instructor of yoga, both in a group and one-on-one experience. - **HELEN SHYMANSKI**

Amy Johnson, who was my yoga instructor at Yoga 101, has heart and soul and leads people into a more integrated mind-body with her leadership! She is not just interested in teaching yoga, she brings her passion for life and yoga into teaching people --- integrating yoga into life, life into yoga. Amy challenges her students and clients to bring out the best in their practice and facilitates their desire to take that beyond the mat into everyday experiences. Amy's yoga teaching style and expertise breathes new life into individuals much like she does by providing "development strategies and solutions" in the marketplace through her passion for business and community. Collaboration with Amy Johnson will bring about authentic and measurable growth and change in your personal life or your business. And finally, all of this parallels her cultivation of the physical practice of yoga by taking it to another level through breath and flow to bring her students and clients into more flexibility, focus, strength, and balance both on and off the mat. - **MARK FUNKHOUSER**

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