



yoga classes
private yoga
yoga therapy
stress therapy

more about bev johnson, RYT500, PRYT

yoga certifications



- ◇ Phoenix Rising Yoga Group Facilitator, certification, May 2011, [Phoenix Rising Yoga Therapy Training Center](#), Bristol, VT
- ◇ Phoenix Rising Yoga Teacher, certification July 2010, Phoenix Rising Yoga Training Center
- ◇ Phoenix Rising Yoga Therapy Practitioner, certification April 2010, Phoenix Rising Yoga Therapy Training Center
- ◇ Registered Hatha Yoga Teacher with the [Yoga Alliance](#), RYT500 May 2011, RYT200 May 2003

yoga experience



- ◇ Teach Iyengar-style Hatha yoga at [Lake Anna Yacht Club, Mineral](#), VA, 2011-present
- ◇ Teach and run yoga program at [Montpelier Center for Arts and Education](#), Montpelier, VA, 2010-present
- ◇ Private yoga and stress therapy practice at cultivate harmony yoga, Montpelier, VA, offering [Phoenix Rising Yoga Therapy](#), a Phoenix Rising approach to transforming stress called [stress less](#), and private yoga, 2009-present
- ◇ Taught yoga classes at various local studios in the Norfolk, VA area from 2003 - 2005

other credentials and experience

- ◇ Professional corporate career in project management, agile coaching, and process engineering 1985 – 2010
- ◇ Masters of Business Administration (1995), Old Dominion University, Norfolk, VA
- ◇ Bachelors of Business Administration (1985), University of Texas at Austin, TX

