

*Johnnie Lou Getz*

*(bio)*

*(845) 598-4519*

Johnnie's span of alternative healthcare practices and certifications include Yoga, Kripalu YogaDance Instructor®, Shiatsu practitioner, Reiki Master and Integrated Energy Therapist. She studied numerous yoga disciplines including Baron Baptiste Yoga in the Yucatan at the Yoga Teachers Training Bootcamp. Her studies in Shiatsu took place in NYC at the Ohashi Institute with advanced studies at the Zen Buddhist Monastery in the Catskill mountains in New York. Her teaching experience and practice includes yoga and/or Kripalu YogaDance® at the Hindu Temple and Mount Alvernia Retreat Center in Wappingers Falls, NY, the Proactive Gym in Washingtonville, NY, the Wellness Springs Holistic Day Spa and Yoga Center in Highland Mills, NY, and the Kripalu Yoga Center in Lenox, Mass. Adept at identifying an individual's healing needs, clients have found relief with sessions that include self help assignments that speed the healing process.

Other professional experiences include art curator, marketing, personnel and program management. Most importantly in alternative care, clients are provided with a professional, safe and healthy environment. Clients receive one or all modalities during a class and/or session, depending on the individual's requirements.

Community service includes leading Yoga and Reiki sessions at the Hindu Temple of Wappingers Falls, NY, developed Yoga by the Hudson River in Newburgh, NY, providing Reiki and Yoga sessions to Dutchess Community and Vassar college students/staff and at the Dyson Cancer Center at Vassar Hospital in Poughkeepsie, NY. In addition, Johnnie contributes time, services and products to the Breast Cancer fund raiser "Step in to Spring" at Pier 9 in Newburgh, NY. Johnnie has lived in Orange County for over 30 years and currently resides in Newburgh, NY.

Johnnie's goal is to integrate all healing energies with Yoga to bring harmony to the body and mind. Practicing Johnnie's method of healing is a means of integrating our movement and meditation with the internal factors of the breath, senses, heart and mind to achieve optimal health and well-being in body, mind and spirit.

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*www.wellness-springs.com*