

# Meet Kerri “KJ” Johnson of KerriYoga

December 2018



Today we'd like to introduce you to Kerri “KJ” Johnson.

**Kerri, please share your story with us. How did you get to where you are today?**

I have always been and will continue to be a person that loves to help others. I have been intrigued by the human body and movement since a child growing up with a handicapped grandmother. Although her leg use was limited, she amazed me with her willingness and desire to never let her lack of mobility hold her back. I spent a lot of time with her working to help improve her conditions. Fast forward into my 20's and I was introduced to yoga as a modality to work into my strength training. I was amazed by the transition with my body, along with the integration I could do to help my grandmother better her movement. This stimulated a need within to learn more, more, more! Therefore, I decided to take the leap and enroll in teacher training to further my knowledge. What I didn't realize is that I was about to embark on a new journey in the chapter of Kerri...

**Overall, has it been relatively smooth? If not, what were some of the struggles along the way?**

When we first step into our teaching world, there are so many modalities laid in front of you. We learn one tradition of teaching but there are so many out there to experience. I felt overwhelmed at first and was trying to fit a mold that simply was not true to me. So, I listened within and created my own path. I started to attend various training's, prenatal, teen, kids, restorative, yin, etc.... and as I experienced more and more and more... I found my fit and it was not with just one specialty, so I married many into one to create my own style that I feel has been well received with my community. With so much social media presence and stress of what people think you should do vs what you think you should do, My biggest advice is to stick what is true within. Follow your own North.

**Please tell us more about your work, what you are currently focused on and most proud of.**

I am a Yoga Teacher that works as a contractor for studios. I specialize in restorative, yin, deep stretch and functional movement. A merry Kerri mix, lol... I study continuously and with every class I teach, I bring more knowledge to my students. I am an anatomy geek, this past year, I participated in a cadaver dissection with Tom Myers of Anatomy Trains and Todd Garcia. I saw the body in a way I never imagined and came back learning so much more to share with my students. I tend to talk a lot about movement, body awareness, proprioception and connection in all my classes. If you like to learn and get a little education about your body, then come on down to the mat with me. I try to also bring humor to class (well at least I think I am funny ) With the heaviness of life, sometimes a laugh and smile is exactly what a student needs. I always remind them, a smile uses less muscles so SMILE MORE!

**Any shoutouts? Who else deserves credit in this story – who has played a meaningful role?**

My grandmother was my biggest cheerleader. She would always say, you know my granddaughter, she teaches “the yoga”... lol. With her own handicaps, she taught me a lot about mind and body strength, resiliency and acceptance. All traits I share with students to this day. My second cheerleader is my husband. Lord bless him. Endless times of studying nights travel to workshops, training's he has been there. Nights of conversation over and over about the body. Days of doubt he lifted me up, days of tears he wiped them and days of completion and success he was always there to cheer me on.

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