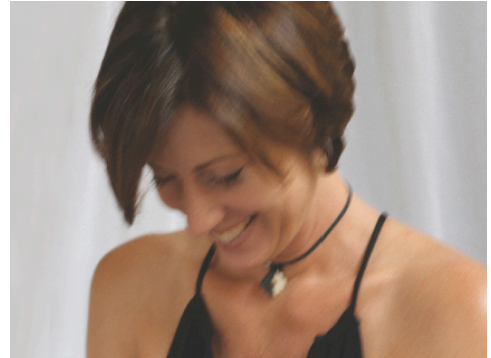


# Johnna Trimmer

Dedicated in assisting you to experience your life to your fullest. Serving you to create & maintain balance in your life: Mentally, Physically & Spiritually.

The search began in 1989, I had lived in pain and was unhealthy most of my life. I realized I needed to make some serious changes. I felt deep inside, although had no experience of it, that there must be a way to live in my body with out pain, and there must be a way to live a balanced, productive, yet, adventurous fun life, and be happy. After many, many years of self study, teaching and learning; I now feel blessed to have realized this dream. I am active, healthy, and love my life.



I am now committed to sharing all of the tools and techniques that have I experienced that have assisted me to achieve these goals and Dreams.

Most of my studies have been alternative; as my path of healing began with Yoga. Yoga incorporates all aspects of life; from Proper Nutrition, Movement, Meditation, and Education.

My studies have included: Yoga, Yoga Nidra, Meditation, Human Development, Phycology, Trauma, Massage, Acupressure, Reiki, Nutrition, Spiritual Studies, as well extensive travels through India and living there once for six months to immerse myself in the culture and studies.

Johnna opened the first yoga studio in Laguna Beach, CA. in 1998. It rapidly became a successful studio that offered; yoga, teacher training, and many classes in ayurveda, meditation, personal growth and more. Attached to the studio; was also a beautiful store, that sold; organic clothing, candles, books, art and many products that support; personal growth, and healthy lifestyle. She sold the yoga studio and store in 2004.

Johnna has taught thousands of people yoga & meditation, taught teacher training programs, and helped many people relieve back issues & pain, and accomplish many important dreams in their lives. Johnna now has a private practice in Laguna Beach, California, and teaches workshops and seminars, assisting people to benefit and achieve peace and health in body, mind and spirit. She has also created a program called, "Yoga In Bed" an audio program to assist you to incorporate daily movement and meditation into your daily life in an easy quick manner, it is also available as an iphone app.

If you are looking for a Break-through or transformation call today.

