



celebrates our

Grad of the Month!

November 2017



Gary Johnson

VITALITY's 5th Yoga/Healing Touch Internship
Walnut Hills - 2015



vitalitycincinnati.org

"Everything is connected!"

"As a professional in the holistic healthcare business (massage and physical therapy), I believe that mind-body awareness of the client and therapist is very complimentary to all the techniques we use to facilitate positive outcomes. Yoga is a great way to explore mind-body awareness. Understanding that is way more important than how advanced a particular pose is. I have taught yoga at corporate sites as well as a fitness center. I have volunteered at a couple churches and a nursing home to share healing touch. But more importantly, facilitating an increased awareness of body during treatment of patients is where yoga has affected me the most. I learned yoga and Healing Touch with a very diverse and caring group of people." — *inspiring reflections by Gary*

