

Bridging the Practice of Yoga & Modern Medicine Training/Immersion Instructor Bio



Jessica Johnson, M.D. RYT is an integrative yoga instructor, entrepreneur and physician who believes we are here to feel, to love, and to take care of each other with the gifts we've been given. Ultimately, she feels she is here both in yoga and in life to facilitate healing, a process in which we realize we've actually been whole and perfect and absolutely worthy of this beautiful thing called life all along. After seven years of personal practice, she began teaching at the start of medical school, completing teacher training with Jivamukti teacher & owner of Satya Yoga, Logan Taylor Tymoff, while developing a yoga and meditation program for the hospital's campus community. Jessica now teaches a dynamic Jivamukti- inspired vinyasa practice founded in a deep understanding of human anatomy and physiology and is most passionate about integrating her eastern and western studies to foster true healing in a way that is accessible to everyone. Her classes are rhythmic, transformative, intuitive and as playful as they are deep. While living in Virginia, she was best known in the

community for her role in creating the Bhav Brigade and particularly for her sunset classes that attracted hundreds of individuals each week and raised thousands of dollars for charity each year. Now that her other hat has pulled her away from the east coast to Stanford for residency, Jessica's shifted her focus towards private sessions, intensive workshops and teacher trainings.