



Jennifer Johnson - Yoga Teacher and Co-Founder of Superhuman Soul LLC

Jennifer is a 200-hour Yoga Alliance RTY and is currently pursuing her 500-hour designation. She teaches Vinyasa Yoga, Yin Yoga, Restorative Yoga, and Meditation.

Her classes are both accessible and challenging. She weaves themes rooted in yoga philosophy into her classes so that her students have a full mind-body experience.

Jen deeply understands the pressures and external stressors of daily life. Prior to teaching yoga, Jen was a practicing attorney and found it difficult to maintain a wellness routine. Now, she empowers her students with techniques they can take with them off the mat and into their lives.

Jen has been teaching yoga since 2017. Up to 2020, Jen worked for Life Time in both Harrison (NY) and Chappaqua (NY), leading the yoga team of 22 teachers at the Harrison location.

In 2020 she and her husband started their own wellness business, Superhuman Soul, offering yoga, fitness, and wellness travel. Additionally, she teaches yoga at Pelham County Club.