

Amy Marie Schoene RYT-200 Yoga Teacher

Amy is a yoga instructor, kids yoga instructor, and sound healer. Upon discovering the world of yoga and sound healing, she gained the tools necessary to make some major life changes. In 2017, Amy left elementary teaching to pursue her yoga teacher certification in Costa Rica. Throughout her time there, her perspective about life was shifted into one of gratitude, abundance, and love.

Upon her arrival home, Amy founded Shining Vibrations, her Sound Healing business and began teaching yoga classes in the Des Moines area. At the beginning of 2018, she was introduced to kids yoga and soon completed a kids yoga teacher training. Throughout her own personal and teaching experiences, Amy has grown more and more passionate about sharing tools to help adults and children navigate today's world in a more mindful way.