
KIMBERLY NUSSBAUM

BIO

Yoga and meditation are a vital part of my life and I welcome the opportunity to share these practices with YOU. People tell me they are not flexible enough for yoga. That is exactly why we NEED yoga. Yoga begins where we are and with gentle micro movements takes us where we long to be, creating FREEDOM in our mind and body.

My journey began in 2009 when I was introduced to a hot power vinyasa yoga. It transformed my life. There was the physical cleansing which left me feeling like I just received a deep tissue massage. And then there was the unexpected mental cleanse. Suddenly all the distractions fell away, and I found myself for the first time enjoying a single point of focus and a deep sense of PEACE.

In 2013 I began my yoga teacher training with the off-the-charts energy of Sean and Karen Conely at [Amazing Yoga](#), followed by deeper dive with Joni Sturgill of [Healthy Body, Peaceful Soul](#) in 2016. I received Reiki Level I training through Amy Sierra in 2017. Before being introduced to yoga, I had the rare opportunity to study classical ballet as an adult for 20 years. My master's degree in Education is from the University of Pittsburgh where I made a commitment to lifelong learning and sharing it with others.

In recent years I had the opportunity to lead the Brain Health Studio located in the Brain Health Center by Dr. Nussbaum. With my husband Dr. Paul Nussbaum, we witnessed a talented group of instructors, practitioners, and healers offer their services and gifts to our guests. It was a rare opportunity to be surrounded by this community of healers. I had the opportunity to lead yoga, meditation, ballet classes and more. Currently I have the privilege to work as a Wellness Instructor for the Spa by JW located on the beautiful beach of JW Marriott Marco Island Beach Resort where we offer daily meditation and yoga classes.

I look forward to our time together.
