



Amber's introduction to meditation began at the precocious age of 8, when her father brought home guided meditation cassette tapes. She and anxiety would trudge through life together until college when a psychiatrist recommended she try yoga. Through divorce and depression, anorexia and alcoholism, back pain and a broken heart, as well as other ailments in between, yoga's walked with her. She revels at every opportunity to share the practice which continues to light her up inside. Amber's daily dedication to her own yoga and meditation practice is what she believes keeps her teachings relevant and potent. A former public school teacher, she tailors her classes to meet the unique needs of students on the mat before her. It's not uncommon for her to teach a handstand tutorial in one private session and chair yoga in the next. Utilizing her background in counseling, she specializes in teaching people who have experienced trauma as well as those recovering from addiction. She believes yoga should be accessible to everybody, everywhere because the way in which we bring peace to our global world is to begin within. Such passion led her to form Whole Heart Yoga, (<https://www.facebook.com/whyfw/>) a nonprofit organization founded in Fort Worth Texas, to promote peace in the community through yoga outreach, fundraising events, and mindfulness education beyond the studio walls. Additionally, she is the co-founder of *Soul.Full School of Yoga*, <https://www.soulpaceyc.com/teachertraining>, a 200-hour yoga teacher training. And, when she is not teaching yoga, she can be found writer her ever evolving memoir, chasing a sunset with a roll of film or cuddling on the couch with her partner and pup. To learn more about Amber, visit www.ambershumake.com .