



True Nature Wellness

Your Guide to Personal Growth



About Amy Lombardo, Founder of *True Nature Wellness*

Amy Lombardo is a nationally certified Yoga Instructor, Empowerment Life Coach, Wellness Counselor, and founder of her own consulting and teaching practice, True Nature Wellness. Amy has completed hundreds of training hours in wellness related fields including yoga (mainly Anusara, Hatha, and Vinyasa styles); Tai Chi; kinetic awareness; reiki; guided imagery; empowerment and leadership; mindfulness-based stress reduction, and much more.

Passionate about expanding the reach of alternative wellness therapies to new venues, Amy regularly brings her work outside the studio, teaching classes, workshops, and retreats internationally in nursing homes, day care centers, schools, offices, and private residences. Her students currently range in age from 2 years to 99 years old, and her audiences range in size from 1 person to over 300 at a time. She regularly works with special needs populations, including elderly afflicted with dementia and Alzheimer's; disadvantaged youth-at-risk; caregiver populations at nursing homes and hospitals; ADHD children; pregnant women; and many more.

Known for her depth and diversity of experience combined with her highly innovative style, Amy creates workshops and programs that educate, inspire, and engage even the most apprehensive individuals. Her programs are authentic to the tradition from which they came, but adapted to meet the needs of the audience they are designed to serve. Whether teaching one-on-one or in a group, Amy works in a way that is at once light-hearted and deeply therapeutic. Care is also taken to make connections between what happens "in the class" and how one might apply that new self-awareness to other areas of his/her life.

Mindful of the fact that wellness can mean many different things to different people, Amy designs her classes to help individuals tap into their maximum potential in the moment, whether that is on a physical, mental, or spiritual plane. Her integrated, heart-felt approach to wellness shows you how to lead a balanced and centered life from the inside out.

In addition to running True Nature Wellness, Amy is also Co-Founder of Karma Krew, a yoga-inspired non-profit that promotes the yoga of service through a variety of creative initiatives (www.karmakrew.org). Amy currently lives in Santa Monica and travels regularly to offer her services throughout the country and internationally. For more information, please see www.truenaturewellness.com.