

# JOSIE UNSETH

Josie Unseth graduated from the University of Oregon with a B.A. in Dance. After her lengthy career in the dance industry, she fell in love with yoga and the beautiful, free-flowing movement of the Vinyasa style. She encourages her students to simultaneously push themselves while experiencing joy, grace, and (most importantly) laughter. Although her first yoga students were dancers, she now enjoys sharing her passion for yoga with students of all ages and abilities. In 2011, The Woodlands Texas Lululemon Athletica recognized Josie's efforts in yoga and made her a brand ambassador. During her three-year ambassadorship, Josie was selected to attend the Lululemon ambassador summit in Canada where she was able to attend master classes and lectures with other yoga/pilates/run/cross-fit innovators from around the world. Her training includes 200 RYT Graduate LifePower Yoga Training, and Levels 1, 2, 3, YogaFit.

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