



## JOSH COOLEY



### Yoga:

- Certified Yoga Instructor with experience teaching and leading Vinyasa
- Vinyasa leader at Fountain of Health Yoga School

**Particular Interests:** Getting to know about people and learning about other cultures. Fluent in several languages. Loves cooking and listening to music, reading, and playing with his infant nephew.

**Personal Quote:** "BEAUTY IS A LIFESTYLE, NOT A LABEL."

**Bet you didn't know:** Josh was born in America's Dust Bowl. He is an empath and a very quiet person when he isn't leading Vinyasa or around the table with family and friends. He recharges when he's doing his yoga and when he's happily alone.

**Bonus Fact:** When Josh learns that you're not feeling well, he'll show up at your doorstep with a bowl of healing soup.