

Molly Johnson, RYT 200



Molly Johnson is a 200-hour Registered Yoga Teacher with Yoga Alliance. She began practicing yoga in 2015 and received her certification under the guidance of Joanna Ducey at Yoga In Common in Myrtle Beach, SC in 2017. Molly became interested in teaching yoga after realizing how empowered it made her feel physically, emotionally, and mentally. After helping her with her anxiety and the stresses of daily life, increasing her strength, and especially after helping her cope with grief after the loss of her grandmother, Molly decided she wanted to use yoga as a tool to help others heal and understand their bodies in whatever way that entails. Molly utilizes an empathetic, soothing, and passionate approach to her classes.