

Amber Quinn

Amber Quinn has explored the art of movement since she was a young child. She began studying dance at age four and continued through adulthood. She was granted a scholarship to Marymount Manhattan College and now holds a BFA in dance. Amber had the opportunity to teach and perform in the US and abroad. Her experiences have taught her to embrace different cultures and all life has to offer. Amber continued her journey and completed a 200 hour Kundalini Yoga Intensive and Certification in NYC. Her exploration of yogic philosophies continues to thrive through workshops with Shanti Shanti Kaur Khalsa (kundalini yoga), David Swenson (ashtanga yoga), John Friend (anasura yoga) and others. She is a registered member of the



International Association of Yoga Therapists. Amber teaches Kundalini, Vinyasa, and Restorative traditions. Her class is inviting and a great mix of fun, creativity and challenge. She is committed to teaching the joy and wonder of yoga for all to experience. In 2003, she returned to her native Bucks County. She enjoys sharing her life experiences with a new community, family, and friends. She lives with her husband Will and two daughters whom inspire her every day.

"Practicing yoga with Amber is a life altering experience! My approach to daily living has completely changed; I'm much more present and I've learned how to breathe!" Cathie Giambalvo

"Amber is an artistic teacher, one who has mastered the skills, and one who addresses the needs of the individual. She inspires me with her extensive knowledge conveyed almost effortlessly. I've reaped the rewards of a peaceful mind and a stronger body. It's almost magic!" Linda Kenny

"This young Grandmother's body thrives in Amber's yoga classes. My body and it's many sensitivities are invited to stretch, listen for their limits (not my mind's limits for them), strengthen, and release. Amber offers useful instructions, with multiple modifications; there is space and time for my body to adapt. Amber's knowledge of alignment, asana and flow is very well developed and assessable. Her presence is awake, alive, and non-judgmental, inviting my breath and body into a healing and strengthening meditation in motion." Ann Q.