

Amy Cronise-Mead, MFA, E-RYT-500

Amy is committed to teaching a yoga that cultivates kindness, wisdom, and ultimate happiness, and is part of a documented unbroken lineage of teachers and teachings that runs all the way back to the ancient yogi Naropa and to the Buddha himself.

Introduced to yoga asana as a child by her mother, and to mantra and meditation at age 15, Amy has been teaching Yoga as a spiritual discipline since 2000. She is trained in Vinyasa, Anusara and Tibetan Heart Yoga, Indian and Tibetan lineages of meditation and esoteric practice and is currently completing an advanced 6 year course of study with her root lamas, Geshe Michael Roach and Lama Christie McNally, with whom she has been a close student since 2003.

Amy and her husband live with their four children in Bucks County PA, and travel frequently to Arizona to study at Diamond Mountain University. Amy and Will are founding board members of Seeds for Tomorrow, a non-profit organization raising funds for children (both Iraqi and American) who have lost parents in the Iraq War. They have also founded the Sukha Gomukha fund, dedicated to helping dairy cows live out their natural lives.

Amy is a staff teacher for the Yoga Studies Institute (www.yogastudiesinstitute.org) and travels around the country and the world to lead workshops and teacher trainings. When at home in Bucks County PA, she teaches public yoga classes, workshops and trainings, works with students privately, (often with an emphasis on therapeutic yoga) and teaches dharma in the lineage of the Dalai Lamas. For more info, see: www.thepathobliss.com

Amy has her MFA from the Yale School of Drama, is recognized by the Yoga Alliance at the highest level (E-RYT-500), and is a grant recipient from the Fox Foundation. She is also a featured yogini for the national print campaign for Kaladanda Yoga Clothing (www.kaladanda.com), the Asian Classics Input Project (covers, Releases 6 and 7,) and Jade yoga mats. You can also find her classes available through the Yoga Studies Institute (www.yogastudiesinsitute.org), Tibetan Heart Yoga CDs, Series One through Three.

