



ASPIRE
TO
HARMONY
LOVE, LEARN, LAUGH, LIVE

ELEVATE YOUR WELLBEING: BESPOKE YOGA & MEDITATION

Experience a sanctuary designed exclusively for you. Whether you are seeking a solo deep-dive or a shared wellness journey with your family, friends, or professional team, I offer a personalized approach to holistic health that goes beyond the standard studio class. Together, we will create a transformative program that blends yoga, mindfulness meditation, and intentional growth to meet your specific goals.

MEDITATION AND SOUND BATHS
ALL LEVEL PUBLIC AND PRIVATE YOGA

- Group sessions \$250 for up to 10 participants,
- \$25 each additional participant
- Up to 75-minute length sessions

THE "KIJOYA" EXPERIENCE

Step into KIJOYA and transform your energy through the ultimate Kinetic Harmony Flow, a powerful fusion where high-octane global rhythms meet the grounding depth of sacred ritual. This is your invitation to sweat out the tension and shed what no longer serves you, moving through a high-energy release that leads you directly into the profound clarity of stillness. Whether you are navigating a season of personal transition or simply craving a more expressive way to inhabit your body, KIJOYA empowers you to find your inner steadiness and reclaim your spark within the rhythm of the dance.

75-Minute Group sessions \$250 for up to 10 participants, \$25 each additional participant




MINING YOUR LIFE: HOW TO FIND AND POLISH A 2-MINUTE GEM - STORYTELLING WORKSHOPS & CREATION

In this immersive two-hour workshop, we move beyond the surface of your daily diary to uncover the "diamonds" in your personal history. Through a blend of reflective journaling, interactive dialogue, and guided storytelling exercises, you will go on a creative excavation to find your "inner storyteller." You won't just talk about stories; you'll create them.

Workshop cost = \$300 maximum, 20 participant

AIDA@ASPIRE2HARMONY.COM
HTTPS://ASPIRE2HARMONY.COM
760.898.4335



Aida Johnson-Rapp is a wellness and lifestyle specialist, U.S. Army Veteran, and nationally recognized fitness expert with a distinguished career spanning leadership roles at Equinox and Chicago's renowned East Bank Club. From professional dance and NBA cheerleading to her current work in Palm Springs, Aida blends her global life experience with certifications in yoga, meditation, and ritual to create transformative experiences. As the founder of Aspire to Harmony and creator of KIJJOYA, she draws on her multifaceted background to craft meaningful wellness programs and celebrations that help clients navigate life's transitions with grace, rhythm, and purpose.

Education

Master of Arts Management, Columbia College Chicago, Chicago, IL
Bachelor of Science in Communications, Excelsior College, Albany, NY

Certifications

Power Yoga 200-hour Teacher Training
160-hour Mindfulness Meditation Teacher Certification
Sound Therapy & Sound Healing Accredited Practitioner
Travel Institute Certified Lifestyle Specialist - Wellness Travel
Fit Bodies® Certified Retreat Leader
Certified Life-Cycle Celebrant®
American Marriage Ministries Ordained Minister
Second City Training Center, Chicago Graduate, Improv A-E

Affiliations

Experienced Yoga Alliance Registered Yoga Teacher (ERYT)
International Association for Journal Writing Member
WorldVia Pro Travel Advisor

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