**FOR IMMEDIATE RELEASE
DEEP UNAPOLOGETICALLY REAL FREE AUDIO BOOK**

**“BREATH, BEATS & BALANCE”**

**“YOGA, CHAKRAS & HEAL” & MIX TAPE**

Breath, Beats & Balance- An Urban Chakra and Yoga Experience

Millennials & Generation Y Get Woke to Yoga, Chakras & Heal

A Free Down to Earth AudioBook and Mix Tape

GO DEEP INSIDE YOURSELF TO HEAL YOUR OUTWARD SELF WITH

“YOGA, CHAKRAS & HEAL” - A FREE INTRO AUDIO BOOK & ITS ACCOMPANYING MIX TAPE “BREATHE, BEATS & BALANCE”
DETROIT, MI –November 7, 2019:

Detroit-based Master Yoga Instructor & Licensed Massage Therapist
Lisa Hillary Johnson is proud to release the FREE downloadable audio tape “Yoga, Chakras & Heal” along with its companion mix tape, “Breathe, Beats & Balance”.

This set is a unique urban Presentation of the tenets of the Chakras and Yoga. Produced by DJ and Sound Engineer Krystalle Klear Sounds, it will be available for download at [www.Lisahillaryj.com](http://www.Lisahillaryj.com).

In her audio book, “Yoga, Chakras & Heal,” Johnson takes a no nonsense approach to Chakras keeping it completely real in her explanations and meditations. With eight chapters beginning with an introduction to the benefits of her program followed by a chapter focusing on each of the seven principals of Chakras, Johnson’s smooth and calming voice lulls listeners into a space of “comfortability.” She soothingly instructs listeners what part of the body to focus on while adding relatable experiences to draw them into a peaceful realm of mediation.

Each chapter ends with an Affirmation. Equally as down to the earth is the accompanying mix tape, “Breath, Beats & Balance,” Johnson walks participants through breathing and balancing movements to the background mellow sounds from a range of genres - R&B, pop, jazz, blues, trap, and hip hop. The mix tape will give you a feeling of personal interaction with the instructor as she freely talks (including expletives) and laughs as if you were in a room with her while never missing the instructions with her while never missing the instructions of the purposeful movements for yoga.

Offering practical advice, “People are not feeling confident in themselves - We have to release in order to heal. If you understood energetically how opening & clearing these (chakras) helps to heal your body & mind - then we would pay attention” states Johnson on her audiobook regarding Chakras.

According to Yogapedia, “Chakras are seven points in the human body, each responsible for a specific physiological function and emotional experience. Yoga and meditation are a means of keeping all of the body’s chakras unrestricted and open to the circulation of spiritual energy essential for health and emotional well-being.”

Johnson, born and raised in metro-Detroit, has practiced as a massage therapist for 19 years and a yoga instructor with a recent focus on Chakra for the last 7 years. After personally struggling with anxiety and depression for years, the mental well-being of others is close to her heart and led her to her career as a massage therapist in an effort to offer relief from day to day stress in the lives of her clientele. With the loss of her husband at a very young age, she found herself once again challenged and turned to meditations and study of Chakra and yoga eventually becoming a Registered Master Yoga Teacher. Appropriately, the release date of this audiobook and mixtape coincide with the anniversary of her late husband Daemon Johnson’s death (passing).

Noteworthy, Johnson completed two yoga teacher trainings with LifePower Yoga - Johnny Kest & Jane James in 2012 and 2014. She is also a Meditation Teacher, Licensed Massage Therapist, Cranial Sacral Therapist, Chakra & Crystal Healer & an Intuitive Healer. She has also led multiple Yoga Teacher Training Programs.

Johnson teaches yoga all over the Metro Detroit area.  She teaches & co-leads The Yoga Teacher Training at The Trap Yoga & Massage Studio in Lathrup Village, Michigan. Johnson is also a co-host on a podcast “Sometimes We Talk About Yoga” on Youtube, Anchor, Apple Music & all podcast streaming platforms.

Visit her website for a yoga class or schedule an appt.

Website: [Lisahillaryj.com](http://lisahillaryj.com/)

FB & Instagram: Lisahillaryj