

Michele Nierle



Michele Nierle (she/her) is in a tangled process of unlearning and relearning what it means to live in a body. She is Lead Health Coach at Berks Counseling Center, using trauma-informed yoga, movement, stillness, and nervous system strategies. Her deep desire is to help herself and others connect with their bodies as a radical act of personal, societal, and environmental healing.

Michele received her 200-level yoga certification from Shri Yoga and Wellness, 230+ hours from Karuna Yoga serving as a teacher trainer, and is certified in *Somatic Embodiment and Regulation Strategies*. While living in Virginia, she taught yoga as an adjunct professor in colleges and universities and received a Master of Divinity. She and her spouse Luke live in Mohnton and are dog parents of Peanut and Leroy.