



Tracy Scroble, Certified 200-HR Yoga Teacher

Tracy's mind-body journey began over 20 years ago when she was first introduced to Pilates. This initial spark soon led her to fall in love with yoga, which became a cornerstone of her wellness path. In 2018, Tracy deepened her practice by completing her 200-hour Yoga Teacher Training (YTT), a transformative experience that solidified her commitment to sharing yoga's many benefits with others. She is passionate about weaving all the limbs of yoga into her classes, encouraging her students to take the lessons learned on the mat and integrate them into their daily lives. Tracy finds immense joy in inspiring others to embark on their unique wellness journeys, and she is always there to cheer them on every step of the way.

Beyond her role as a yoga teacher, Tracy is a devoted mother to three beautiful children. She is a firm believer in the importance of fitness and self-care and models these values in her everyday life. In addition to her yoga expertise, Tracy is certified in Kids Yoga and Pilates, bringing a well-rounded approach to her teaching. She also holds a bachelor's degree in nutrition, which further enriches her holistic perspective on health and well-being.