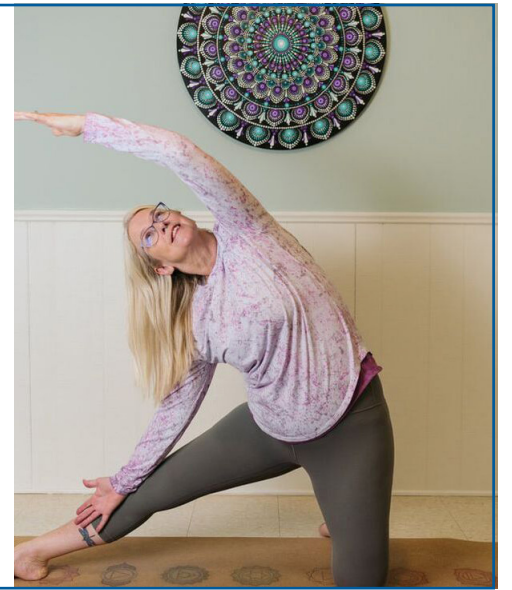




Meet our Yoga Instructors!

Tracy Corneau

Tracy began teaching Yoga before the pandemic and has never looked back. Her personal Yoga practice has evolved by appreciating and exploring different postures and styles of yoga. Tracy provides students with the opportunity to discover their yogic journey through contemplation, self reflection and compassion.



Julianna Tse

Julianna sees yoga as an amazing tool for physical, mental and emotional transformation as well as for health and healing. In her classes, you can expect a blend of yoga asanas (postures), a pinch of philosophy, a touch of humor, and a steady breath. Yoga is beneficial for every body and Julianna strives to offer modifications for all levels and abilities. She has completed 200 Hours Yoga Teacher Training (YTT).



Anna Wilson

Anna has always been passionate about movement and finding new ways to move her body. Upon completion of 500 hours of Yoga Teacher Training (YTT), Anna opted to further her education, and received an additional Trauma Informed Certification. Anna firmly believes that Yoga is so much more than asana (the physical aspect of our practice) and that we can all benefit from a little "joyful funness"!



Chantale Plante

Chantale first discovered yoga in 1996, after her first sun salutation she was hooked. She completed her 200 Yoga Teaching Training (YTT) with Roxanne Joly of Upward Dog Yoga and has completed her 300 YTT modules with Re-Yoga and continues more advanced studies with Pandit Rajmani Tigunait. Chantale's goal is to bring balance and joy to those that she meets through these holistic hatha practices.

