

*Tracy Hoffman*

Tracy has been studying yoga for more than 20 years. Until recently she was exclusively teaching and practicing Ashtanga Yoga. In recent years her practice has shifted to the study of Yin Yoga and Somatic Meditation. Tracy is Yoga Alliance Certified as well as Reiki Level 2. She is very much looking forward to sharing the profound peace, healing and embodiment she has found in these practices with the Sun Dog Yoga.