

Courtney Troy

A true believer that the human body has the absolute ability to heal anything within, Courtney sees yoga as the best medicine life has to offer. She completed The Anatomy of Yoga Teacher Training with Shari Simon, and has been teaching in Bucks and Montgomery Counties for the last four years.

Courtney's love of yoga is contagious. Her hands-on approach enables students to learn that in life, as well as with their yoga practice, they are capable of whatever their hearts and minds allow them. Courtney says her biggest challenge with her own yoga practice and with teaching is also her greatest joy...the constant reprogramming of the mind and spirit to simply be - unattached yet united. She wholly believes yoga is our history and our future... a gift to be honored and shared for all to receive and flourish from.

Outside the studio, Courtney's greatest yoga practice is teaching her young children how to be magnificent human beings!