

BETHANY TRACY

EXPERIENCE ✨

I have been practicing yoga since I was 15, something that found me and I never left. I discovered Kundalini yoga tradition a few years ago and fell in love with the mental awareness it can bring you. As a reiki practitioner and teacher I love exploring how we may better connect to our mind.

TEACHING STYLE

Kundalini Yoga is my foundation, which is rich in history, and tradition. The space I hold is a sacred space to still the mind. As we journey into our practice we often leave feeling lighter physically but also mentally and emotionally too. I also love holding space for children and families to connect and share memories. ✨



My favorite quote:

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.” Marcel Proust

INTERESTS

✨ I love being outside in nature whether it's in the garden or on a big trip. Our family loves to go camping, and hiking. Traveling to new places and learning about culture and history has always fascinated me. ✨
When I can't travel, I read.