



Stefanie Baranowski

Stefanie is a certified Yoga Teacher who has completed her 500 hour Yoga Teachers Certification and since has dived into other trainings to teach Barre Pilates, Flow, Kids Yoga and Yin Yoga. Stefanie's love and passion for yoga started with her attending her first yoga class and she since has made it her life intention to teach to inspire others on their own journey through the teachings of yoga both on and off the mat. With a B.A. in Psychology, and a background in dance and performing arts, Stefanie's classes are beyond just the physical practice and a have a fun energy to keep your spirits lifted.