



**Joanne Varni, RYT
(also certified in Therapeutics, Yin, Restorative),
Level I TRE Practitioner**

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Joanne is a certified yoga practitioner specializing in using yoga and TRE as a healing modality for those who have suffered emotional trauma, PTSD, anxiety disorder, or those who need relief of everyday stress.

Joanne's philosophy as a yoga and TRE teacher is to help people who seek personal empowerment, to find space and be more connected to their body and mind, and to find balance as they forge through the ever-present chaos and stress of everyday life. By becoming present through breath work, meditation, asanas, and TRE we all can become calmer, think clearer, become responsive instead of reactive, become more caring and compassionate, are better able to confront challenges, and enjoy healthier relationships.