



Tiffany Gore loves yoga! She was introduced to Yoga 11 years ago and has been following the path, learning and growing ever since. Tiffany teaches an intuitive Vinyasa Flow class, and helps her students learn to enjoy every movement and every moment. She feels a deep healing through her practice of yoga and looks forward to continuing down the path. Her goal is to share her love of yoga with anyone who has the desire.

Tiffany is also a level II Reiki Practitioner and often incorporates Reiki in her classes.