



Andrea Sulzbacher - Services

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During her own healing process Andrea went through major life changes, transitioning into a healthy body, a loving heart and regaining strength and power from within. She learned the importance of cultivating Yoga, meditation, eating a balanced diet and breath-work as a way of life; opening her heart, embracing the Goddess from within, strengthening the "I AM" presence and reclaiming her power as a gifted healer.

Andrea is a Yoga Alliance E-RYT 500+ hour Yoga Teacher, Physical Mind Institute certified Pilates instructor, a certified TRX trainer, a Karuna and Usui Reiki Master and is certified in Tai Chi Sword and Harmony Style Tai Chi. She is trained in various Meditation and Breath-work practices.

"I am passionate about empowering transformation and feel privileged to have worked with hundreds of students and private clients heal and regain strength from the inside out; spiritually, mentally and physically enabling them to break free of their past patterns in order to achieve the greatest potential of their lives."