Trace Mitra Berg Bio

Trace Mitra has been a practicing massage therapy for 20 years. His

spiritual path led him to meditation about 6 years ago. Yoga followed

soon after. As a massage therapist Trace realized stress and body

issues were due to people’s life choices, ways of thinking and lack of

self-care. Through his own practice he realized meditation and yoga were

powerful tools for self-care. He often shared with his clients the benefits

of meditation and yoga. This led him to become an Integral Yoga Teacher graduating from Yogaville Basic 200Hr Teacher Trainng. Join Trace for this Beginner Hatha Yoga class.