



Sophie Lymburner, Founder and CEO of YogaTribes

Innovator, Visionary, Wellness Advocate

Sophie Lymburner is a trailblazing entrepreneur whose work bridges the worlds of wellness, technology, and community building. As the Founder & CEO of **YogaTribes**, a transformative wellness platform, Sophie has made it her mission to democratize yoga and make its benefits accessible to everyone, everywhere. Under her leadership, YogaTribes has become a beacon of wellness, connecting individuals and corporate communities to the profound mental and physical benefits of yoga.

Sophie's entrepreneurial journey began with her pioneering work in the digital space. She founded **Blue**, one of Canada's first digital agencies, now specializing in live communications. A natural innovator, she expanded her impact by creating **Aquarium.live**, a dynamic webcasting platform designed to empower companies to webcast live events and engage audiences globally.

Sophie's passion lies at the intersection of wellness and technology. Recognizing the challenges faced by professionals in high-pressure corporate environments, she has championed the integration of yoga and mindfulness practices into office settings, fostering healthier workplaces and thriving teams. Her ability to facilitate meaningful connections – whether between people or ideas – has earned her a reputation as a true leader and visionary.

Through her work with YogaTribes, Sophie is not only advancing the evolution of yoga but also transforming technology's role in wellness. A genuine tribe leader, she inspires others to embrace a life of balance, connection, and well-being.