Dr. Tiffany Denny is a yoga therapist and physical therapist with a specialty in orthopedics, and has been teaching yoga since 2005. She has a knack for weaving anatomy and biomechanical cueing into mindful, creative class sequences that help students deepen and stay inspired in their asana practice while developing self-awareness and self-compassion.

Tiffany loves to offer practices that facilitate a deeper understanding of physical and energetic anatomy, and the development of a healthy, positive relationship with the body. She is the current Executive Director of Embody Love Movement, a non-profit whose mission is to "empower girls and women to celebrate their inner beauty, commit to kindness, and contribute to meaningful change in the world."

Tiffany believes that yoga has the potential to foster improved self-image, increased overall wellness, and transformation through self-exploration. She hopes that her classes are fun and challenging while remaining welcoming and unintimidating. She genuinely can’t wait to meet you in class!