



Serena Morales RYT-200

With over a decade of experience in the Physical Therapy field, I've worked as a Physical Therapist Assistant at Athletico/Pivot Physical Therapy, where I support patients through personalized treatment plans using techniques like myofascial release and manual stretching.

Outside the clinic, I'm passionate about mental health advocacy. I volunteer with the American Foundation for Suicide Prevention and proudly serve as the Walk Chair for the annual Berks County Out of the Darkness Community Walk.

As a 200-hour certified yoga teacher, I bring a deep love for mindful movement to every class. My teaching blends strength and mobility in a dynamic Vinyasa Flow style, with an emphasis on anatomy, alignment, and breath. I aim to create a space where students of all ages and experience levels feel supported, present, and deeply connected to their bodies. I'm thrilled to share my experience and sense of community at The Nest, helping others experience the powerful benefits of yoga for both body and mind.