



Brenda Hoffa, Certified 200-Hour Yoga Teacher & Wellness Professional

With over 20 years in the fitness and wellness industry, movement and healing are more than Brenda's profession—they're her lifelong calling. She has spent 17 years serving as a Wellness/Fitness Coordinator and currently works as the Wellness Coordinator and Certified Health Coach at Stone Ridge Retirement in Myerstown, PA, where she supports community members in building strength, vitality, and confidence.

Brenda brings extensive experience as a certified Les Mills Body Pump instructor (15 years) and Core instructor (10 years), along with past certifications in Les Mills Body Balance and Zumba. She has also been a Group Exercise Instructor for two decades, teaching nearly every format imaginable with equal parts enthusiasm and expertise.

As a Certified Yoga Teacher, Brenda is passionate about guiding students to explore their personal edges while cultivating rest, resilience, and inner steadiness.

Brenda is now honored to offer **Healing Pathways** at The Nest—a gentle, supportive movement and mindfulness class designed for those healing from chronic illness, injury, or long-term physical stress. This class emerges from Brenda's own journey through a significant health crisis, along with the deep wisdom she is gaining through her healing process using both alternative and western medical approaches. Her lived experience brings compassion, hope, and authenticity to her teaching.

Brenda is grateful to walk alongside students as they rediscover strength, rewrite their relationship with their bodies, and reclaim their capacity for healing—one step, one breath, and one pathway at a time.