



Tobey Roling, Certified Yoga Teacher, AFAA Certified Primary Group Fitness Instructor

Tobey Roling completed her Yoga certification in 2009 and Primary Group Fitness certification in 2012. Her Yoga specializations include Yin, Restorative, Hatha, and Private Sessions. Tobey has been teaching Barre, Strength Training, Yoga and Fitness classes in Dubuque at local businesses for the past 8 years.

I teach with my heart and soul and will give all my energy to create a safe, mindful, and peaceful practice. My passion to serve the community has been the life goal I've chosen. I love to listen, learn and chat with everyone about life's roads they have traveled.

I began practicing yoga in 2004 when I became instantly mesmerized with the kindness, support, and healing I experienced. It became my dream to teach and mentor those who seek purpose, comfort, and calmness in life.

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breathe... inhale hope. exhale healing.

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- Certified Yoga Teacher
- AFAA Certified Primary Fitness Group Instructor
- Yin, Yoga, Barre and Strength Training
- Group and Private Classes

Statera Integrated Health and Wellness Solutions

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