



Tracey Sondik, Psy.D., E-RYT, has been drawn to the quiet and contemplative traditions of Buddhism, Yin Yoga, and Psycho-spiritual inquiry for any years. In addition, her yoga practice is deeply rooted in the Tantra Hatha Yoga lineage. Her extensive training includes a 200-hour Yoga Teacher training from Samadhi Studio in Manchester, CT; a 500-hour Insight Yoga Institute Teacher Training with Sarah and Ty Powers; and Mindfulness-Based Stress Reduction Professional Training Program at UMASS Medical School. Tracey is currently one of the Directors for the Pranakriya Yoga Therapy 500-hour programs, leading trainings and retreats. A licensed clinical psychologist in the state of CT, NY, and MA, she has been working with clients for over 15 years helping them find meaning and joy in their lives. She has both a private practice and work in a CT hospital.

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