



# STATERA

Integrated Health & Wellness Solutions

## **Tobey Roling**

***Certified Yoga Teacher, AFAA  
Certified Primary Group Fitness  
Instructor***

*Tobey Roling's philosophy of care centers on heart-centered, mindful movement that creates a safe and peaceful space for healing, connection, and cultivating comfort, purpose, and calm through yoga and fitness.*

- AFAA Certified Primary Fitness Group Instructor
- Yin Yoga
- Barre
- Strength Training

**At Statera**, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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# Tobey Roling



Tobey Roling completed her yoga certification in 2009 and her 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 at local businesses in Dubuque for over a decade.

I teach with my heart and soul, bringing my full energy to create a safe, mindful, and peaceful practice. Serving the community has been my lifelong goal. I love to listen, learn, and talk with people about the many roads their lives have taken.

I began practicing yoga in 2004 and was instantly drawn in by the kindness, support, and healing I experienced. From that point on, it became my dream to teach and mentor those who are seeking purpose, comfort, and calm in their lives.



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