

Milestones Resilience Care

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Yoga Therapy

Yoga has a variety of benefits that can assist individuals who have experienced trauma, such as reducing physical tension and pain, promoting mindfulness, empowering self-care, and enhancing the mind-body connection. Each of these benefits can increase resilience and aid in recovery from trauma.



Missy Romero, Certified Yoga and Stretch Instructor

Missy Romero is an E-RYT 500 certified trauma-informed yoga and stretch instructor specializing in trauma-informed practice. She is dedicated to supporting the healing and well-being of trauma survivors through accessible, heart-centered yoga. In her practice, Missy weaves together ancient yogic wisdom and a warm, intuitive teaching style that fosters safety, self-awareness, and reconnection with the body.

Her classes emphasize mindful movement, breathwork, and meditation, all grounded in trauma-sensitive principles and often infused with lighthearted energy - sometimes even a reggae tune. Missy creates inclusive spaces where participants feel safe, seen, and empowered to heal at their own pace.

While yoga is her foundation, she occasionally incorporates sound healing to enhance nervous system regulation and deep relaxation. Outside the studio, Missy is a devoted dog mom and plant lover who brings authenticity, joy, and compassion to everything she does. She believes healing can be both sacred and playful.

Whether working with beginners or seasoned practitioners, Missy meets each participant with patience and presence. Her mission is to help others experience yoga not just as movement, but as a lifelong path of healing, connection, and transformation.

To learn more about Yoga Therapy, better understand how it can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.