



# Elizabeth Robinson

## Yoga Instructor

**YogaWorks 200Hr Yoga Teacher Foundation Certification**

Elizabeth Robinson started yoga at a local YMCA, as a way to escape the stress of grad school. The “escape” quickly became an important part of her daily life, combining breathing, movement, and a little bit of good, old-fashioned exercise into one package.

In January 2015, Elizabeth completed a 200 hour certification under the supervision of Alexandria Crow (YogaWorks: L.A.) and Jessa Baxter Voos (Orange Sky: Manhattan, KS). She endeavors to approach teaching – and her own practice - in the same mindful, alignment-based manner as both mentors, and hopes to teach her students not just the physical strength involved in the poses, but the mental resilience that yoga can offer, as well.

See when Elizabeth is scheduled next

<http://www.bodyfirst.com/groupx.cal.html>