

Elizabeth A Kolendrianos

Bio:

Elizabeth received her 200 Yoga Teacher Training certification through a comprehensive program at the Marianne Wells Yoga School in Cahuita, Costa Rica. She then went on to pursue her 500 Hour Yoga Teacher Training certification through Uttara Yoga Studio. She is currently registered through the Yoga Alliance and has taught in several local YTT200 programs. She is a finance and marketing graduate of the University of Virginia.

Initially drawn to yoga for fitness, she quickly realized how it quieted her racing mind. She continues to practice for the love of self-discovery, the feeling of gracefulness and the joy and happiness it brings. She enjoys teaching many styles of yoga but her focus is bringing her students safely to a place of calm and peace. She is willing to customize classes to meet her students' needs.

Elizabeth enjoys incorporating her Reiki training into her teachings. She studied with Francisco Morales of Synergy Partner Yoga in Level 1 Thai Bodywork and as well as becoming a certified practitioner of Access Bars through the Access Consciousness organization. She seeks to offer energetic benefits through practices that resonate with her students' needs.

Forever a student of the practice, Elizabeth is grateful for the loving wisdom her teachers have shared with her and looks forward to practicing with you.