

ELIZABETH McQUAID - YOGA TEACHER

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TEACHING EXPERIENCE

Current:

- Serenity Yoga Center (Bedford, MA) –Sundays @ 9am - www.serenityyoga.com
- Private and corporate instruction

Past (2011/2012):

- Shiva Shakti Yoga (Waltham, MA)
- YMCA (East Boston)
- UMass Boston

STYLE

I teach an alignment-based Vinyasa flow style of yoga – heavily influenced by the Iyengar tradition. I encourage use of modifications and props where appropriate. I strive to provide a non-judgemental and supportive environment where students feel safe and welcomed.

YOGA TRAINING

Patricia Walden / BKS Iyengar Yogamala – (2013 – 2015) Ongoing

Yoga Works (Boston, MA) – Feb 2012

- 200 hour certificate program led by Natasha Rizopoulos

School of Hatha Yoga at Ananda Ashram (Monroe, New York) –August 2011

- 200 hour RYT certificate program
- Vinyasa, Mysore, Sanskrit, yoga philosophy intensive training

EDUCATION

Boston University, BA, English Lit (2000)

ADDITIONAL PROFESSIONAL EXPERIENCE

10 years of experience in advertising and brand communications.