

Rebecca Elsen

Yoga is for everyone and every class should be a safe place to practice without fear of judgement, believes Rebecca Elsen. This “Yoga Guide” and “Space Holder” is also the owner of Pranapiloga in Culpeper, Virginia, a studio that offers a smorgasbord of classes from heart-thumping Vinyasa Yoga to calming Restorative Yoga. In between, you’ll find pre-natal classes, essential oils demonstrations, and Mandala Markets just to name a few. Rebecca’s studio focuses on commUNITY and encourages students to create and hold space as they experience their journey with yoga. She loves the relationships that are cultivated in her studio and loves learning from her students.

Rebecca has taught yoga, Pilates, and wellness for more than 20 years and deepened her practice following an accident. Opening Pranapiloga in 2015 was the next logical step and resulted in much success. She was named the Chamber of Commerce *Entrepreneur of the Year* in 2016. And she was named *Best Yoga Instructor* and *Best Yoga Studio* for the *Culpeper Times* “Best of the Best” in 2016. K Art & Design also awarded her *The Good Egg Award* in 2017. She offers many thanks and blessings to her teacher Maryam Ovissi, owner of Beloved Yoga – whose encouragement is paramount in her journey. When Rebecca is not teaching, you can find her outside hiking, sitting by the water and reading, or playing with her puppies.

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