

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 Prenatal Yoga to Vinyasa Yoga. Rebecca’s studio focuses on commUNITY and encourages students to create and hold space in their yoga journey.

Rebecca has taught over 20 years and opened Pranapiloga in 2015. She was named the Chamber of Commerce *Entrepreneur of the Year*; and *Best Yoga Instructor* and *Best Yoga Studio* for the *Culpeper Times* “Best of the Best” in 2016. She also received *The Good Egg Award* from K Art & Design. 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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