

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 the owner of Pranapiloga a wellness commUNITY that offers a smorgasbord of yoga and fitness classes, events, workshops, teacher training and wellness services such as: Reiki and Thai Bodywork. Rebecca 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 and loves learning from her students. She approaches group and private sessions with a therapeutic and trauma informed focus. Rebecca has taught yoga, Pilates, and wellness for more than 20 years and deepened her practice following an accident. She was named the Chamber of Commerce Entrepreneur of the Year. And she was named Best Yoga Instructor and Best Yoga Studio for the “Best of the Best” newspaper contest. 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, in the water, reading, or playing with her puppies.

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