

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 in their wellness journey. She approaches group and private sessions with a therapeutic and trauma informed focus. Rebecca has taught for almost 30 years. She was named the Chamber of Commerce Entrepreneur of the Year; and Best Yoga Instructor and Best Yoga Studio for the “Best of the Best” newspaper contest. When Rebecca is not teaching, you can find her outside hiking, in the water, reading, or playing with her puppies.

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