

Beverly Yoga Center
teacher highlight



Annie Malone

Birth Place

Chicago, Il

Most exotic place you have traveled to

Perth, Western Australia

Favorite Yoga Pose

Vasistasana - Side Plank Pose

Least Favorite Pose

Eka Pada Rajakapotasana - Pigeon Pose

Inspirational quote

"Love wins, Love always wins" Morrie Schwarz

Book you are currently reading

"Life" by Keith Richards and

"Radical Acceptance" (again) by Tara Brach

Greatest influence

Rebecca, Leah and Natalie (my daughters)

How do you spend your free time?

I do more yoga!

Why did you become a yoga teacher?

My teachers and friends made me (wink, wink).

I became a yoga teacher to share the gifts of yoga and meditation.

Beverly Yoga Center

1917 West 103rd Street, 2nd floor

773.239.9642

www.beverlyyogacenter.com