

Beverly Yoga Center
teacher highlight



John Loft

Birthplace

Omaha, Nebraska

Most exotic place you have traveled to

Sigiriya in Sri Lanka

Favorite Yoga Pose

Trikonanansa

Least Favorite Pose

Tittibhasana

Inspirational quote

'You must be the change you wish to see in the world.'
--M. Gandhi

Book you are currently reading

Buddha's Brain by Rick Hansen and
Kingdom of Shadows by Alan Furst

What do you do in your free time?

Watercolor, read

Greatest influence in your life?

Annie Malone

Why did you become a yoga teacher?

To share what I've learned!

Beverly Yoga Center

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