

Beverly Yoga Center
teacher highlight



Meg Shaughnessy

Beverly Yoga Center

1917 West 103rd Street, 2nd floor
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www.beverlyyogacenter.com

Birth Place

Chicago, IL

Most exotic place you have traveled to

I'm pretty much a homebody, I have big travel plans in the future but my most exotic place currently is Samish Island, Washington--beautiful!

Favorite Yoga Pose

Natarajasana - Dancer pose

Least Favorite Pose

Camel pose

Inspirational quote

"You are a child of the universe; no less than the trees and the stars, you have a right to be here." - Max Ehrmann

Book you are currently reading

Coal Run, by Tawni O'Dell for fiction and fun;
The Three Marriages, by David Whyte for inspiration and fun.

Greatest influence

My husband, Ray. He is the kindest, most giving person I have ever met. At the same time, he knows how to have a good time and enjoys his life. He inspires me to "be me!"

How do you spend your free time?

Yoga, of course! I also love to hike, read, write and I try to golf. My most enjoyable moments though are going places with my three children--exploring the outside world together.

Why did you become a yoga teacher?

Honestly, during my very first class in a small studio, I just knew I was going to teach. I was kind of a "lost soul" when I wandered into that class and I felt an instant connection to my "self" while lying in savasana (final resting pose/corpse pose). So many of us give so much of ourselves to others - our families, friends and jobs--that it is easy to forget that our lives are important too. Yoga is a way for me to give back to myself and through teaching, I hope to inspire others to stay connected to themselves; to believe they deserve to feel happiness and live their life in the fullest way. Yoga encourages me to stay strong physically, mentally and spiritually. I hope to encourage others to do the same.