

**Beverly Yoga Center  
teacher highlight**



Alice Markel

**Beverly Yoga Center**

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**Birth Place**

Chicago, IL

**Most exotic place you have traveled to**

The Hawaiian island of Molokai. It was on my honeymoon in 1986 and there was only one or two hotels on the island. We visited Father Damian's leper colony. The strangest part of the trip was that, for a price, hunting was allowed on the wildlife refuge!!

**Favorite Yoga Pose**

Virabhadrasana I

**Least Favorite Pose**

Full lotus

**Inspirational quote**

There is so many but if I have to pick one it would be: "Our lives only occur in the moment. And that's the training- to be here right now in this moment. Life only occurs in this moment. If we make this moment a good moment, we will have a good minute, and then we will have a few good minutes and then a good hour, a good day, a good week, and ultimately good life."

**Book you are currently reading**

Structural Yoga Therapy by Mukunda Stiles

**Greatest influence**

Probably life experiences. Illness, loss, marriage, becoming a parent ... the list goes on.

**How do you spend your free time?**

I try to take as many yoga classes as I can. There are so many wonderful teachers in the area and attending their classes helps me recharge and connect to my love of yoga. Currently, I'm spending time running with my son. He and I are training for a 4 mile race. Also, once a week I go to Zumba class with my daughter and her friends. Finally, now that my kids are getting older, my husband and I get to go out on more "dates".

**Why did you become a yoga teacher?**

I have been a student of yoga since I was a teenager when I tagged along with my mom to classes. I would come back to the practice at different times in my life. When I was pregnant with my first child I was diagnosed with an autoimmune disease called Guillain-Barre that left me paralyzed. As my body became stronger I still didn't feel "whole". When I reconnected with my yoga practice I felt "connected" and "whole" again. I needed the mind-body connection that yoga offers to finally heal. After experiencing the profound healing powers of yoga first hand, I felt it was my responsibility to teach.