

Beverly Yoga Center
teacher highlight



Eileen Olson

Beverly Yoga Center

1917 West 103rd Street, 2nd floor
773.239.9642
www.beverlyyogacenter.com

Birth Place

Chicago, Illinois

Most exotic place you have traveled to

Kauai, Hawaii. We rent a little house off the ocean and were enthralled with the beauty of the island. It has tropical rain forests and incredible dry canyons.

Favorite Yoga Pose

It's a tie...prasarita padottanasana (wide-legged forward fold), and adho mukha savasana (downward facing dog)

Least Favorite Pose

the pose I groan at the most is Urdhva Dhanurasana (wheel)

Inspirational quote

When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world. ~B.K.S. Iyengar

Book you are currently reading

It is not unusual for me to have a few books in process, books to sleep, books to inspire, books to learn...I am currently reading "One Word" by Molly McQuade, "The Seat of the Soul" by Gary Zukav and "The Lone Ranger and Tonto Fist Fight In Heaven" by Sherman Alexie

Greatest influence

Other than my children, I would have to say Yoga has had the greatest influence on my life. It has helped me to slow down, to appreciate, to listen, to not judge, to be aware. The lessons I have learned on the mat have served me well as I age. I often wish I had Yoga earlier in life.

How do you spend your free time?

I love to garden, read, write, practice pyrography (wood burning), knit and babysit my grandchildren.

Why did you become a yoga teacher?

When I made the decision to pursue teacher training, I was attending classes with two different teachers at local gyms. One was wonderful - very knowledgeable and warm, and the other was very grumpy and didn't give a lot of instruction. After leaving that class in tears - twice - my husband suggested I look into teacher training myself. It was absolutely the right decision.