

Beverly Yoga Center  
**teacher highlight**



Esther Robson

*Beverly Yoga Center*

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**Birth Place**

Chicago, Illinois - Taylor Street area (little Italy) - born and raised.

**Most exotic place you have traveled to**

My husband and I have been to Maui, Hawaii three times. One day we would love to live there. We have also been to Paris, which is very romantic.

**Favorite Yoga Pose**

Hanumanasana (standing or regular splits)

**Least Favorite Pose**

Ardha Chandrasana (half moon)

**Inspirational quote**

"To thine onself be true."

**Book you are currently reading**

Yoga Heart "the sacred marriage of yoga and mysticism" and the Enriched Air Diver.

**Greatest influence**

My darling mother is my greatest influence. She is fiercely independent and strong willed. She is 79 years old and still works 3 days a week. We weren't always good friends but today nothing happens in my life without her knowledge or her being a part of it.

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

I love to practice yoga, run and spin. I also love to travel. This year we are going to Bonaire, a small island about 30 miles from Venezuela.

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

I met a woman in a fitness center yoga class. It was different from the other fitness yoga center classes that I had attended. Her classes were more spiritual and she spoke about being true to yourself and honoring your body. After a practice on North Ave Beach at dawn, we were walking back to our respective cars and I said "there has to be more to this yoga thing than fitness centers, where do I find it". She encouraged me to try out some yoga studios and different types of yoga, which I did. Eventually I was encouraged to pursue teacher training. I began teaching my friends while I was in teacher training and my first teaching experience was at the Beverly Yoga Center. I have a cousin who has some serious medical issues. We do privates together -- her family has thanked me for making an impact on her health, and I sometimes wonder if this was the only reason I became a yoga teacher and everything else is just icing on the cake.