

Elizabeth is an enthusiastic, ambitious, loving person who loves yoga. She has been teaching and practicing yoga for about eleven years and just advanced on her yoga training, by completing her two hundred hours training program. Originally from California and came to Rome to pursue her dream of becoming an elementary school teacher, seventeen years ago. She was a fourth-grade teacher for ten years and is now teaching sixth at a local elementary where she has incorporated a garden into the curriculum for nine years now.

She lives and resides in Rome with her two wonderful children, Isabel and Nolan and her supportive loving husband, Matt. The two of them play in a four-piece band, named Pocket Change.

Elizabeth is a busy lady with always new adventures to be had and always something new to learn. She is always smiling and wants to make sure you smile as well. Even though she is coming and going she does remember to breathe as should you. Namaste