



Q and A with Elizabeth Flint (E.J.) on Yoga Teacher Training

What drew you to the practice of yoga?

I first began practicing yoga as a way to stretch after training for a marathon. I soon discovered that it was something much more, a way to combine my longing for spirituality and peace with my desire to move and challenge my body. It was much harder than I thought it would be!

What made you want to become a yoga teacher?

Right away I found myself craving more knowledge and philosophy. I took my first teacher training after only a few months of practicing. It was an introduction not just into the deeper aspects of yoga, but into a whole new way of living. I was so excited about what I was learning that I couldn't wait to share it with other people!

What do you love most about being a yoga teacher trainer?

Being a teacher trainer gives me the chance to get to know students really well. It's an opportunity to share things about the poses, anatomy and philosophy that we don't have time for in class. But most of all I love being part of the transformation that happens in every person who chooses to take teacher training. Whether they teach yoga afterwards or not, everyone comes out with a stronger physical practice and a deeper connection between the mind and body.



What makes the Yoga Works Method Special?

I have had the privilege of taking several different teacher trainings, as well as creating and co creating trainings of my own. The Yoga Works method is the best I have encountered, because it embodies 3 decades of wisdom from a variety of senior teachers, who continuously work to refine the information, making it clearer, more approachable and comprehensive every year. You won't find a more comprehensive training anywhere in the world.

Why did you choose to bring the Yoga Works Training to Chesterfield?

I grew up in Chesterfield and I also came back to St. Louis after completing my main teacher training to begin teaching yoga. Not only is it a great city full of friendly people, the yoga community is really strong and supportive. I wanted to

bring back the things I have learned in my studies and travels to the people who helped me get started both in life and in my career.

What would you say to students who are worried that their practice isn't strong enough or that they are scared of public speaking or not sure if they want to teach?

I always say that you don't have to be able to do every pose perfectly to be a great teacher. Teaching is about creating space for your students to explore their own practice safely and effectively. I remind them that I was terrified to speak in front of a group when I started and teacher training helped me get over that fear. And finally, teacher training is for anyone who wants to learn more about the practice of yoga on all levels. All you need is an open mind and a willingness to participate.