

Beverly Yoga Center
teacher highlight



Carly Carney

Birth Place

Chicago, Illinois

Most exotic place you have traveled to

Nairobi, Kenya

Favorite Yoga Pose

It's a tie between half moon, wheel and butterfly

Least Favorite Pose

Revolved half moon

Inspirational quote

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."

- Mother Teresa

Book you are currently reading

The Whole-Brain Child by Dan Siegel

Greatest influence

Tom, my husband. Patrick and Julia, my children. Sarah Powers, Suddha Weixler and Jennifer Welwood, meditation and yoga teachers. My friends... just about everybody influences me in some way.

How do you spend your free time?

Travel to warm weather, take walks, swim, and read.

Why did you become a yoga teacher?

It was really by accident. I took teacher training to learn more about yoga postures. The lead teacher of the teacher training asked me to substitute a class last minute. I fell in love with sharing how I experienced yoga with others. I feel that my teaching is really just passed through me by what I have learned from my teachers and life.

Beverly Yoga Center

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