

Beverly Yoga Center
teacher highlight



Monica Bright

Beverly Yoga Center

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

Birthplace

Charlotte Amalie, St. Thomas USVI

Most exotic place you have traveled to

Paris, France

Favorite Yoga Pose

Supported Fish

Least Favorite Pose

Warrior I, since it's my least favorite I make sure to do it as much as possible!

Inspirational quote

"Live as if you were to die tomorrow. Learn as if you were to live forever." ~ Mahatma Gandhi

Book you are currently reading

Crick, Crack, Monkey by Merle Hodge

Longing to return to my Caribbean roots, I've found myself gravitating towards Caribbean-born authors including Jamaica Kincaid and George Lamming

Greatest influence

My mother. She was so wise and, with support, allowed me to learn life lessons through experience.

What do you do in your free time?

I enjoy spending time with my two young daughters who keep me smiling with their humor and wild imaginations. Yoga makes me feel so wonderful that I take classes around the city and have become accustomed to traveling the country for classes and workshops.

Why did you become a yoga teacher?

As a former Kindergarten and 1st grade teacher, teaching comes very naturally for me. In yoga class I would always have the most amazing feelings about myself and life. It was there that I was able to utilize movement to work out the 'issues' of daily life and my thoughts circled around the idea that I wished everyone could find this sense of peace throughout their day. My desire is to offer that same sense of relief to students.