

# *Elysabeth Williamson Biography*

Elysabeth Williamson has been an innovator in the world of Yoga and a internationally recognized teacher for over twenty-five years. Her unique, heart-centered teaching style comes from over thirty years of practice and training in a variety of yogic traditions. Elysabeth is the founder of Principle-Based Partner Yoga™ and the author of 'The Pleasures and Principles of Partner Yoga', a seven year undertaking. She recently released a state-of-the-art iPhone app, 'Partner Yoga Touch', both award-winning projects.



Elysabeth has had a lifelong connection with Yoga and experienced spontaneous, intuitive movement into yoga postures throughout her childhood. She began formal studies at the age of seventeen, including many diverse Yogic traditions such as Kripalu, Iyengar, Ashtanga, Anusara, Kundalini, Kriya, and Power Vinyasa Yoga.

Elysabeth has a particular gift for articulating and transmitting esoteric teachings in ways that are accessible and practical for everyone. Her primary passion is to use Yoga as a tool to open the heart and cultivate healthy relationships. Elysabeth is deeply committed to sharing the transformative power of Partner Yoga through inspiring and empowering others in this visionary art.

Certified as a Phoenix Rising Yoga Therapist, and accredited through Yoga Alliance as an E-RYT 500, Elysabeth incorporates a wide variety of ancient and modern healing modalities into her teaching. She is thrilled to see the global expansion of Partner Yoga through international Trainings and the wonders of modern technology.

Elysabeth resides in Santa Barbara, CA and is the mother of two, Lisa and Tashi.