**Sheila Elizabeth Taylor**

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**Professional Summary**

Sheila Taylor is the Founder and Director of Soul Family Yoga. Soul Family Yoga is a family based platform of certified yoga teachers offering yoga and wellness classes to all communities through virtual and in-person classes. She is an Integrative Specialist with Urban Yoga Foundation providing yoga services to a variety of online communities.

Sheila Taylor is a certified registered 200 hour Hatha Yoga Teacher from Yoga Blue Fitness Studio in Florida. She holds certifications from advanced teacher trainings in Children’s Yoga from Yoga Blue Fitness Studio, Redefining Flow (Chair Yoga) as well as Prenatal Yoga from LL Studio in New York City. Fusion Yoga from Jtown Hot Yoga Studio. She is a certified practitioner of Kundalini Reiki since 2019 and a Health/Wellness Coach.

A little about me

I am an Alumni of Eastern University with a B.S. in Elementary Education. As an educator I have enjoyed most of my time working with children in the field of special education. I have worked in homes, schools, and community environments. So, why did I become a Yoga teacher? I began my yoga journey back in 2012, during my active search to find relief from my joint and sciatic nerve pain. After practicing yoga for about 10 years, I gained an enlightenment in a sense, that opened pathways into better health, spirituality, and body awareness. Yoga has brought me peace, patience, challenged my mind and body mentally and physically, and has helped me feel good about myself. I want to share my healing experiences with friends, family, and the community and invite you to embark on this journey that will bring these same attributes into your life. I believe everyone can find their niche by experiencing different forms of training. Yoga brings a calm approach by tapping into the chakras in our body through practice and meditation which heals all.

Yoga is not about headstands, or how flexible you are or not. Yoga is for all ages and all body types. Did you know that stress contributes to 95% of disease? Yoga restores balance, releases stress, body pain and heightens awareness. Yoga also unplugs us from our fast-paced world of endless meetings, uncomfortable shoes and road rage; while increasing flexibility, energy, and physical fitness. Yoga builds a better connection to yourself, helps restore your immune system and improves overall health.