

## **Elysabeth Williamson**

Elysabeth Williamson is a teacher and innovator in the world of Yoga. Her unique, heart-centered teaching style comes from over thirty years of training and practice in a variety of yogic traditions. She has spent the past ten years developing her own style of Partner Yoga and recently published The Pleasures and Principles of Partner Yoga. Her creation and development of Partner Yoga techniques has had profound effects on her personal healing as well as affecting the lives of many others.

Elysabeth experienced natural and intuitive movement into yoga posture throughout her childhood. She began formal studies at the age of seventeen, including many diverse traditions such as Kripalu, Iyengar, Ashtanga, Kundalini, Kriya, and Bikram Yoga. She has taught a creative blend of traditional yoga for the past twenty years in a variety of settings. Elysabeth has a particular gift for transmitting and articulating yogic teachings in ways that are accessible and practical to the average person. She believes that yoga is a dynamic and creative process that is adaptable to each individual and their evolving needs.

## **Rex Seader**

Rex Seader is a serious student of yoga and a personal fitness coach. He is also an avid cyclist who completed a solo journey across the United States in 1990, and has studied and performed jazz dance for fifteen years. He is a professionally licensed engineer who worked in the corporate world for twenty years designing and implementing computer systems. He is also an accomplished artist utilizing many different mediums, including intricate pen and ink mandala drawings. Rex's personal development work draws from a broad range of intimate relationship studies and individual therapeutic process.

Rex worked with Elysabeth Williamson in producing The Pleasures and Principles of Partner Yoga. Throughout the collaborative effort he was responsible for the design and layout of the book, and created the unique images and illustrations appearing in the book. Rex currently works with Elysabeth facilitating Partner Yoga workshops throughout the country and abroad.

Elysabeth and Rex are the founders and owners of Wisdom Arts LLC, a company dedicated to creatively expressing truth and love in the world.

### **Elysabeth Williamson & Rex Seader**

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