



# ELIZABETH ROSS HUBBELL

Yoga Instructor & Wellness Coach

[www.erhubbell.com](http://www.erhubbell.com)

## PROFILE

Elizabeth is an RYT-500 certified yoga instructor. Her personal journey has led her to adopt a vegan, alcohol-free lifestyle. In her free time, you can find her hiking the Colorado mountains and making simple, plant-based recipes with #6veganingredients. Elizabeth is the author of *Rethinking Alcohol through the Eight Limbs of Yoga*.

## COURSES COMPLETED

100-hour Spirituality Immersion (Rishikesh, India)  
Ayurveda Training  
Buddhist Psychology & Mindfulness  
Bhagavad Gita study  
Bhakti Yoga  
Boost Your Immune System  
Business of Yoga  
Certified Life Coaching  
Leadership, Confidence, & Voice  
Meditation Teacher Training  
Pain Relief Training  
Pranayama, Mantras, & Mudras  
Prenatal Yoga  
Restorative Yoga  
The Divine Feminine - Yoga Goddesses  
Trauma-Informed Yoga  
Yin Yoga  
Yoga as Spiritual Care  
Yoga for Conflict  
Yoga for Everyone  
Yoga for Injuries  
Yoga for Mental Health  
Yoga Nidra  
Yoga Philosophy & Spirituality

## EDUCATION

### Happy Jack Yoga University

RYT-200 and RYT-500 Certification

### University of Colorado - Denver

MA – Information & Learning Technologies

### University of Georgia

BSED – Education

## YOGA TEACHING EXPERIENCE

### Vivaya Live, Yoga Instructor & Wellness Coach

December 2022–Present

Teaches weekly power vinyasa classes, hosts monthly kulas on reducing alcohol harm, and runs occasional workshops on plant-based nutrition, finding your dharma, and other seasonal topics.

### VegFest, Yoga Instructor

July 2023

Was one of two yoga instructors selected to lead group sessions at Denver's annual VegFest in Colorado.

### Freelance Writer

2019–Present

Author of *Rethinking Alcohol through the Eight Limbs of Yoga*. Contributor to Low No Drinker Magazine, Zero Proof Nation, Sober Curator, Tiny Buddha, Center for Nutrition Studies, and Alcohol Change UK.

## SKILLS

Vinyasa, hatha, yin, restorative asana  
Yoga spirituality, philosophy and history  
Using yoga to promote a healthier lifestyle  
Teaching in online and virtual environments