



# Elaine Champion

Assistant Fitness Director  
Personal Yoga & Mat Pilates Trainer

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Phone

(410) 235-7000

I love teaching yoga and pilates because it allows me to spend time seeing people at their best. I am given the chance to encourage and support people as they strive to create their optimal selves. Every practice brings a chance to improve, evolve, grow, change and release. Together we are making our selves, families, neighborhoods, communities – world – a better, more peaceful place.

I happily teach yoga to all ages from 1½ yrs old to 92 in large groups as well as private sessions.

- 400+ hours of Anusara Yoga Teacher Training completed 2003
- Evolve Pilates Mat1 and Mat 2, Ring & Roller, completed 2005
- Teaching yoga since 2001, Pilates since 2004
- Marine Corps Marathon 2000, Maui Marathon 2004.  
Annapolis 10Miler 2000-2004.
- 40+ hours of training with international teachers: John Friend, Tias Little, Rodney Yee, Sarah Powers, Gary Craftshow, David Life and many more.