



Peg Toliver was first attracted to yoga as a busy college student in the 1970s and '80s. These early experiences showed her that yoga helped her to slow down, relieve stress, quiet the mind, and accept and appreciate her body's capabilities and limitations. Decades later, she applied her knowledge of yoga to help heal from physical injuries and undertook formal teacher training with the Temple of Kriya Yoga in Chicago where she received her 200 hour teaching certification in 2007. Since that time, Peg has led classes at Healthy Arts Physical Therapy, Advocate Eureka Hospital, Lake House Yoga Studio, Advocate Health & Fitness Center, and in the community as an independent instructor for her business, Creative Practice Art & Yoga.

Peg continued her training with Baxter Bell, M.D., and in 2017 became a certified instructor in Yoga for Healthy Aging. To deepen her interest in the mind/body benefits of meditation, she studied Mindful Awareness techniques with Jack Kornfield and Tara Brach and earned a certificate from the Center for Science for Greater Good in Berkeley, CA in 2016. Since her initial training Peg has taken several advanced yoga therapy modules from the School of Pranakriya Yoga with Yoganand Michael Carroll, and from the Center for Integrative Yoga Studies with Marlysa Sullivan. Additionally, she has deepened her understanding of the healing powers of yoga by working for several years with David Crenshaw, licensed physical therapist, yoga therapist, and owner of Healthy Arts, as well as Debra Risberg, founder of Main Street Yoga, and yoga therapy instructor trained in the Kripalu and Pranakriya style. Intensives in other body/mind approaches like the Alexander Technique and the Organic Stretching Technique also have enriched Peg's approach to shaping a yoga session.

Peg's body-positive classes emphasize proper physical alignment to create flexible, well-toned muscles that support healthy joints. She is interested in each student's individual growth, encouraging gentle and playful experimentation with poses, and helping students to gain a better sense of physical balance and self-acceptance.

Peg is a resident of Normal, IL and an avid photographer and painter who captures images of nature in her art work. From this visual arts background, she brings to her yoga practice a strong interest in using imagery to help students relax and become comfortable in their own bodies. Her college studies in art, psychology and philosophy helped her to explore the mind/body connection that is at the heart of yoga. She has over 15 years experience teaching art at the college level and offering personal growth workshops in the community. As a student and teacher of art and yoga, Peg cultivates these practices as a source of balance, joy and discovery.

## COMMENTS FROM STUDENTS

My experience more than met my expectations. Each class offered movements that covered the entire body. Instructions were always concise, slow, and needed self-corrections were given in a non-threatening even-toned way. You always included individual modifications when needed and were so aware who needed these.

SHE HAS A REAL KNACK FOR INTEGRATING THE PHYSICAL, MENTAL AND SPIRITUAL ASPECTS OF YOGA IN A WAY THAT IS TRUE TO THE STUDY OF YOGA, BUT NOT OVERLY DOGMATIC OR CUMBERSOME. SHE IS ALWAYS AWARE OF THE PHYSICAL ISSUES OF EVERYONE IN CLASS AND IS DILIGENT IN ADDRESSING THEM AND MAKING SURE THAT NO ONE IS IN DANGER OF OVEREXTENDING THEMSELVES. SHE BRINGS AN OPEN, JOYOUS SPIRIT TO CLASS THAT MAKES PRACTICING WITH HER A PLEASURE.

*I appreciated the non-threatening and non-competitive aspects of the class. We were encouraged to practice with our own body and limitations. I was able to explore different poses that challenged my flexibility and then take them home to continue practicing there. I created more space and flexibility in several areas of my body allowing for more freedom of movement and strength. Peg both demonstrated the pose and guided us through the desired results. The breathing exercises and visualization of opening spaces were invaluable.. and the relaxation at the end was simply heavenly.*