



**ELIZABETH CRENSHAW**

Founder, Yaktown Yoga



### **Description of Organization:**

Yaktown Yoga is a mobile Yoga/ Yoga Therapy and holistic health studio that focuses on mental health, total wellness, healthy eating, and self-care for residents, businesses, schools, hospitals, non-profits, and organizations throughout the city of Pontiac. Our mission is to make wellness more accessible for the community. ALL are welcome.

### **What's the biggest benefit of being a part of HPWC?**

The biggest benefit from being a part of HPWC is their support and assistance with community events. HPWC has also allowed Yaktown Yoga to connect with organizations and community members who are passionate about the health and well-being of the city of Pontiac

### **Favorite healthy meal/snack?**

Kale chips or a kale salad.

### **What are you most proud of in Pontiac?**

It's resilience. Great things are happening in the city and community members are passionate to improve and bring change!

### **Favorite exercise?**

Anything! I love to mix it up.

### **Three fun things about me:**

1. I was a former national level bodybuilder and physique competitor.
2. I am a former Division I track and field athlete.
3. I am also a Yoga Therapist, Personal Trainer, Group Fitness Instructor, Pilates Instructor, Kickboxing Instructor, Spinning Instructor, and a Health Coach.

**Connect with Yaktown Yoga by following Yaktown Yoga on Facebook and Instagram, or email [yaktownyoga@gmail.com](mailto:yaktownyoga@gmail.com)**