Music & Yoga

Meet the Teacher

Ms. Liz



Birthday: January 24th

My favorite Things

Hobbies: Yoga, pilates, hiking, reading and bible study
Color: pastels
Places to Shop: Whole Foods, Sprouts, Sample Shop, Amazon
Nail Salon: Rose Couture
Other Favorites: I love flowers and plants, QT, and HTeaO

My Favorite Treats & Drinks

Restaurant: Whole Foods, Oishii, Armor Brewery and Tiger Asian Bowl
Snack: Wonderful plain shelled pistachios, Hii Chocolate
Coffee: Black w/ whole cream
Drink: Rambler Sparkling Water, Original Topo Chico

Other Things

T-Shirt Size: Large
Color(s) in Home: White, pale grey, bold colors for accent