

Elaine
Kelly

My Secret Life



The best advice... Do what brings your heart joy and you'll never work a day in your life.

My philosophy... Follow your instincts, they are always right. If something doesn't feel right then it isn't. Take time to sit in stillness and listen for what comes up. Be guided from within, no one knows what it really feels like to be you.

My earliest memory... Hiking through Sherwood Forest with my family and hiding in Robin Hood's famous oak tree. Turning the living room into a fort with sheets and upturned sofas and playing with my brothers.

I get a kick... Out of seeing new people feel the effects of yoga on their bodies and minds. How my students totally relax after our practice and leave transformed.

People don't... Realize that food is medicine. If they looked at it that way, they would make healthier choices and heal their bodies, remove excess weight and live pain free as a result.

I wish... Women ruled the world; then there would be less wars and more compassion.

I love... Waking up each day next to the man I love.

My favorite exercise... Yoga!

It works on my mind and body and makes me totally present. Nothing else I have tried in my life has the same effect. The crazier and faster paced our lives become the more yoga will grow.

My worst vice... Buttered popcorn. I love to make it before I go to the movies and lick the butter and salt off my fingers when it's all done.

The book... "The Little Prince" by Antoine de Saint-Exupery. There are many messages, but the one I love most is when the fox says to the prince, "One sees clearly only with the heart. What is essential is invisible to the eyes."

I live... To learn and travel. We have such a beautiful planet to explore and every chance I get I head into nature, diving, cycling, hiking, skiing or walking through forests.

My diet... Is 90 percent vegan, but I have been vegetarian since I was 18. I cannot imagine eating an animal.

I'm afraid... Of snakes.

Before I leave this planet... I want to build a sustainable house somewhere beautiful and leave it to my family to remember me. I want them to tread lightly on this planet.

YOGAFEST 2015
WILL TAKE PLACE
FROM FEBRUARY 19
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yoga fest

AGE: 50

OCCUPATION: FOUNDER OF YOGAFEST MIDDLE EAST, MANAGER OF ECO YOGA SANCTUARY AND CSR MANAGER FOR MICROSOFT

MARITAL STATUS: MARRIED