

Claire Ritchie Liddle, E-RYT 500
Registered Yoga Teacher
Anusara-Inspired™ Yoga Teacher

Claire is a Yoga Alliance-experienced, registered yoga teacher (E-RYT 500) and a licensed Anusara-Inspired™ yoga teacher by the Anusara® School of Hatha Yoga. She completed the Anusara® Immersion and Yoga Teacher Training Programs at the Willow Street Yoga Center (WSYC) in Maryland (2009, 2010). Anusara yoga is a school of hatha yoga that integrates biomechanical principles of alignment with the celebration of the heart and spirit. Claire completed the 500-Hour Certification in Advanced Yoga Studies at the Asheville Yoga Center in North Carolina (2013). Claire continues to learn and grow as a “forever” student of yoga. She teaches styles of yoga including hatha, vinyasa, yin, yoga nidra, and restorative. She is honored to be a student of master yoga teachers including Moses Brown, Suzie Hurley, Stephanie Keach, Abhijata Iyengar, and Jason Crandall. In addition, Claire draws from her career as a psychologist and educational administrator and her training as a Reiki practitioner (Level II) to enhance her teaching of yoga, for practices both on and off the mat.

Claire describes the practice of yoga as balancing the physical, spiritual, and mental aspects of being human. Her classes emphasize building endurance and strength, aligning the breath with movement, and integrating physical actions with mental and spiritual focus. She is dedicated to helping each student recognize his or her innate goodness and honors each person’s unique talents and strengths. Her teaching brings mindfulness of action with remembrance that there is Joy available with each breath and that all is right in this moment.

To contact Claire, email her at claireliddle1@gmail.com or call 301-633-1921.