

Elesa Commerce: The Deep Calm



Elesa believes that if you can breathe, you can meditate. She has been teaching since 1977 and has been meditating for as long as she can remember (even though she didn't call it that). Students appreciate her ability to demystify the practice and to facilitate breakthrough experiences on the journey to authenticity.

A graduate of the Temple of Kriya Yoga Meditation Teacher Training Program, Elesa holds two certificates in Advanced Yoga Studies for completing Donna

Farhi's Yoga Teacher Training Program. Elesa is also a graduate of the Tibetan Bowl Sound Healing School and is certified by Dr. Mitch Nur's 9-Ways Academia as a Himalayan Singing Bowl Sound Therapist. Separately, she completed training with Dr. Richard Miller in the therapeutic application of Yoga Nidra. Through Seena Frost, she is a licensed SoulCollage® Facilitator. Academically, Elesa holds an MBA from the Wharton School of the University of Pennsylvania and an undergraduate degree in Psychology, Phi Beta Kappa, magna cum laude, from Smith College.

Elesa co-created the, "Befriending the Body/Befriending the Mind" workshop and meditation cards with Dr. Barbara Meyer. Elesa is the creator, director and executive producer of "Finding Your Way," the comprehensive learning system that helps alleviate suffering amongst women newly diagnosed with breast cancer. She has also produced numerous meditation and mantra meditation CDs that are used in yoga teacher training programs nationwide. The Founder of National Meditation Month, Elesa is the Founder and Co-Director of Touching Earth, the Chicago-based mindfulness learning center.

A personal note from Aura: Elesa is who I credit with being my first meditation teacher. She came to the studio and taught shortly after we opened. Her insights and techniques expanded my awareness, deepened my teaching as a yoga teacher and launched my personal meditation practice. She is warm, accessible, authentic and clear. Just the sound of her voice on the phone soothes me and I am overjoyed at her return to teach a series at Aurafitness. We are honored to have her and I would love for you to share in her embodied wisdom.