

# Life & loves

of a yoga teacher

## OM writer Lesley Dawn quizzes yoga teachers around the UK to reveal their life and loves

**Name:** Bridget Quercia-Smale  
**Age:** 54  
**Location:** Stowmarket and Bury St Edmunds, Suffolk  
**Training:** British Wheel of Yoga  
**Specialisms:** Ante-natal yoga, post-natal yoga, one-to-one tuition

### Describe yourself as a colour

Turquoise. It reminds me of my travels and the sea on a beautiful day. It's a joyful colour that makes me happy.

### Morning or night person

Morning person. I have two children needing to be on time for school in the mornings and I have to be ready to teach my yoga classes from 9.30 am. I'm generally at my best in the mornings, it's the best part of the day.

### Favourite meal

This has to be pasta, which I got a liking for while living in Turin for a couple of years. There's nothing like the real thing so I make my own pasta sometimes.

### Most memorable holiday

South Africa, soon after my husband and I were married. We had so much fun winging it, not pre-booking hotels, and such amazing experiences happened as a result. You just have to trust. We arrived at the airport not knowing where our first night would be spent.

### Favourite book

*The Secret* by Rhonda Byrne. It's a guide for life with lots of interesting quotes and sayings that I relate to in my own life.

### Best light-bulb moment

It's more a thought that pops up a lot for me that I try to live by it: "accept the things I cannot change, have courage to change the things I can, and the wisdom to know the difference." I have a philosophical approach to life from my time when I lived in the Far East many years ago. Although I was young, my eyes were opened to being accepting of situations and not to battle against things sometimes.



### Your happiest moment

Family holidays give me many happy moments and we try to go to non-English speaking places. We love trying to converse in French.

### Wish for anything – what would it be

I would love more time with the family. I've always been keen to ensure that mealtimes are family time so I always try to prepare home-cooked food for us all to sit down together and eat.

### Naughty but nice

A Bacardi and coke on a Saturday night. This, and watching *Strictly* on TV, is the ultimate for me. I met my husband at Ceroc classes so we have fun being judges as well.