

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.