

Ed Dailey

Ed Dailey RN, RYT, is an independent yoga teacher aligned with the teachings of BKS Iyengar and Rodney Yee. He is one of a handful of teachers who is certified through Yoga Alliance at the 500 level by Rodney. Ed is known for his eclectic and inspirational style of teaching and has a tremendous ability in working with props to help guide students in the classroom. Ed assists Rodney at several workshops each year around the US and has been active in the implementation of the pilot program at Beth Israel Hospital in NY, in collaboration with the Urban Zen Initiative. He continues to work as an RN at the operating room at Upon Health Center in Connecticut. Ed's interest in yoga began 13 years ago as a result of his search to relieve the physical pain that he had been enduring for several years. His yoga began as a lesson in learning to deal with difficulty, but gradually, with the help of teachers who were caring and compassionate his practice became full of surrender, ease and devotion. He now has been teaching for 8 years and finds that his teaching comes from his experience and understanding of his own body and mind, and it continues to change and unfold at every level.