

Dr. Rebecca Hutchings

Rebecca Hutchings, owner of Live Oak Yoga in New Orleans, teaches both adult and kid yoga. Her primary focus is vinyasa flow, with an emphasis on breath work and injury prevention. Rebecca guides her students through their practice with clear instructions, intelligent sequencing, and hands-on adjustments. She encourages her students to enjoy the physical challenges of yoga, play with personal limits, and find a quiet mind.

Rebecca discovered yoga while in medical school and has been steadily building her personal practice over the past 20 years. Although Rebecca practices traditional western medicine, she believes that adding alternative therapies can be quite beneficial for some of her patients. She completed her 200-hour yoga teacher training with Annie Carpenter's SmartFLOW school.

Off the mat, Rebecca is a wife, the mother of two lively children, a dog lover, runner, and an Emergency Medicine and Pediatric physician.