



Professional Bio: Elizabeth Schreiber

Elizabeth Schreiber began her teaching career in Montana in 1998. She received both her bachelor's degree in elementary education and her master's degree in educational leadership from the University of Montana. After many years of teaching, raising her two boys, witnessing/surviving the ever changing landscape of public education, and then working through COVID she began to severely burnout of the teaching profession. As a long time practitioner of yoga and meditation she turned to both as healing modalities. In the winter of 2022 she began the Breathe for Change 200 hour training program and graduated in July of 2023. Her reentry into the classroom was nothing short of transformational, as both her stamina for and love of working within the school were renewed. She has since dedicated her newfound resiliency to bringing these practices into the classroom and providing professional development within the Breathe for Change platform to teachers and administrators in Montana.