



Sue brings 23 years of yoga and meditation experience to her work. She has studied extensively in the Iyengar tradition, and has completed a 200-hour Yoga Teacher Training in Structural Yoga which she uses to adapt yoga classes to the needs of each student. She is a 500-hour registered Yoga Alliance teacher. She has completed the twelve semester course given by the New Jersey Metaphysical Society. In addition, she has studied shamanism for seven years and has become a Medicine Woman. She is a Reiki practitioner. She sees yoga and meditation and spirituality as a holistic path for healing and wellness and enjoys sharing her love of yoga with her students, teaching with joy and compassion.