

# EMILY SUSA

## EXPERIENCE ✨

I completed my 200-hour yoga training in Duluth, MN, and my first yoga gig was at the UMD Medical School where I led classes for students and staff. I've been teaching at the LCC since 2020, and have now expanded to Silver Sneakers Yoga, Classic, and Stability classes.

## TEACHING STYLE

My classes are all about connection. To me, a yoga practice is a time to be present with and curious about the breath, the mind, and the body. Throughout class we are intentional about engaging muscles to increase mobility, stability, and strength, and also relaxing them completely to release habitual tension.



*My favorite quote:*

- ✨ And I said to my body, softly, “I want to be your friend.” It took a long breath and replied, “I’ve been waiting my whole life for this.”
- ✨ – Nayyirah Waheed

## INTERESTS

- ✨ Hanging out with my family, cooking, gardening, quilting, reading, biology.