

SUE WESTER

EXPERIENCE

I have taught yoga first at the Forrest Street school for school employees then start teaching at the old Lunda Center and now here since the new one opened!

TEACHING STYLE

I start class with a core workout switching to yoga for balance and flexibility!



My favorite quote:

“Darkness cannot drive out darkness only light can do that. Hate cannot drive out hate only love can do that.” - Martin Luther King Jr.

INTERESTS

I love reading and am in two book clubs, crafting including scrap booking and painting, I play tennis and golf and also love planting flowers. I enjoy watching my grandsons play ball!

