

YOGA with Susan Zurawski

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Face Book

Yoga with Susan Zurawski



Susan's Training:

Susan has been teaching Yoga since 1986 when she completed a 200-hour Hatha Raja Yoga Teacher's Training course with Marie Pauly in Toronto.



In 2021 Susan completed an online 300-hour Jivamukti Yoga Teacher's Training course that delved deeply into the roots and philosophy of Yoga. Through the years, she has attended many workshops and expanded her practise.

Susan's Style

Susan Teaches Yoga in a way that reaches everyone's needs by offering variation to the poses and props, as well as options to challenge students in different ways.

Classes typically have a soothing music background and begin with a few moments to get grounded - and classes always end with a calming final relaxation. Each class has a theme for mind, body & spirit.

Susan's Teaching History

*** 1986 to 1990- Parks & Rec Toronto**

Night classes at Humbercrest School

Sr. Day classes in Bolton

*** 1990 - 94 - the New Comers Club**

*** 2000 -15 - St. Andrew's United Church**

Friday Evening classes

*** 2015 to 2024 -Bethany United Church**

Wed. evenings & Friday afternoon classes

*** 2021 to 2022- Dartmouth Yacht Club**

Tuesday mornings

***, 2024 to present - HalifaxRegional Municipality - Chocolate Lake REC**

- Timberlea REC