



# SUSAN WOODS

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946 LEMOYNE AVE, SYRACUSE NY 13208

Seeking a part-time or substitute position as a Yoga Instructor.

- Yoga Alliance RYT200 registered
- CPR/First Aid certified
- Insured

## EXPERIENCE

- Dec. 2019-March 2020: Yoga instructor at Flo Studios, Syracuse NY
- Sept. 2019: Community Class instructor at Laughing Lotus, NYC
- October 2019: independent class instructor for a series of classes offered at Wunderbar, Syracuse, NY
- Over 15 years experience in the classroom as a student

## TRAINING

RYT 200 graduate of Lotus Flow University at Laughing Lotus in Manhattan, NY. Training focused on hatha style vinyasa flow with a focus on smart, vigorous sequencing. Training included anatomy, mantra, sankskrit, japa, sutras, and an introduction into prenatal yoga and restorative yoga. Teachers included Dana Trixie Flynn, Ali Cramer, Stefani Rose, Sheri Celetano, Felipe Gonzalez, and others.

## ABOUT ME

I am a former NYC actor who returned home to Central NY in 2016. I am a bookkeeper, copy editor, and now also a trained yoga instructor. It was my great pleasure to get trained at the studio where I practiced regularly since 2011, and I look forward to bringing that fun, sweaty, joyful style of yoga to Syracuse.