

# *Susan Joseph*

Susan has taught a gentler style of yoga in Troy for 10 years, and specializes in women's health needs. She is certified in two schools of hatha yoga (Integrative Yoga Therapy and Kripalu YogaRhythmics [a yoga-dance combination]), is a Registered Yoga Teacher (RYT) at the 200-Hour Level in the Yoga Alliance, and has an Associate's Degree in Mental Health/Mental Retardation. Moving through her own health challenges (that were present at birth and throughout much of her adult life), some of which have been life-threatening, she has developed a deeper compassion for others also affected by serious illness. She is also a certified Master/Teacher in several kinds of Reiki and began that journey in 1999.

\* Susan shares about her life's experiences: "My mother was an accomplished pianist, Kindergarten teacher, and homemaker. As a child, she supported my creative expression as I took lessons in art, dance, piano, baton, and acrobatics. In the eighth grade, I sewed clothing, coats, and sports jackets for myself and family, opening my own sewing business in the ninth grade and sewing customized clothes in a boutique by the tenth grade. While raising two daughters with my husband Larry, I operated my own typing business and a home-making service for the elderly and disabled. I also co-founded and facilitated an Alzheimer's support group in Bucyrus, Ohio, in response to my mother's diagnosis of Alzheimer's disease at age 58 - she lived 16 years with a disease that devastated our family. From all of my experiences, I am deeply grateful for the life I have and for the lessons I have been privileged to learn along the way."

\* It would be an honor to share your yoga journey! Susan