

# Suzanne Lafferty

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## Yoga Education

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1997-1998	200-hour teacher training   Peaceful Yoga, Arlington, VA
2000-2002	500-hour advanced training   Shanti Ashram, Coimbatore, India
2004	Yoga for Cancer Patients & Survivors (30 hours)   Asheville, NC
2006	Restorative Yoga (40 hours)   Boston, Massachusetts
2007	A Deeper Dive into the Sutras (20 hours)   NY, NY
2009	Advancing the Practice and Teaching of Pranayama (20 hours)   Los Angeles, CA
2011-2012	In Depth Anatomy for Yoga Teachers (50 hours)   online
2014	Yin Yoga training (40 hours)   Los Angeles, CA
2015	Accessible Yoga training (40 hours)   California
2016-2018	Certified Yoga Nidra Teacher   Arizona
2019	Accessible Yoga Level Two (40 hours)   California

## EXPERIENCE

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1999-2004	Taught 12 classes of all levels and varying age groups weekly at Happy Yoga, Arlington, VA. This included vinyasa, slow-flow alignment focused, yin, and restorative classes.
2003-2008	Taught at local community center and local hospital as a volunteer teacher. Classes were primarily gentle, restorative and slow flow, with a focus on basic pranayama techniques.
2009-Present	Created program to bring yoga to local shelter for women, also serving the immigrant community in Arizona. Program has recently expanded to bring yoga into local prisons.
2010-Present	Earth Yoga Studio Owner/ Founder and Yoga Teacher in Arizona. Teach minimum seven classes per week. Classes include vinyasa, hatha flow, restorative, and yin. I also direct, develop, and teach curriculum for Yoga workshops and 200-hour teacher training. Workshop topics include sequencing, asana specific (inversions, arm balances), yin, and restorative yoga.
2010-Present	Yearly 7-day yoga retreats to Costa Rica, Mexico. Includes daily asana and meditation practice.
2012-Present	Every other year 2-week retreat to India. Includes daily practice, a deeper dive into philosophy, with visits to local temples, and an intro to Ayurvedic self-care with local practitioners.
2010-Present	Regularly teach at yoga festivals such as Sedona Yoga Festival, Bhakti Fest, and Wanderlust.
2016-Present	Offer mentoring at studio for teachers seeking to deepen their practice and teaching skills. Especially relevant for new teachers transitioning from student to holding the seat of the teacher.
2018-Present	Member of teaching faculty at Spirit Wellness Center with a focus on using the tools of yoga to support health and well-being.