



Susan Merritt's Biography

I opened Body & Soul in 1997 and like to say I am the director and decorator of Body & Soul and I like the latter best. I have been teaching Yoga for 33 years.

I have studied Yoga and other movement modalities from many wonderful teachers over the years. These studies have enhanced an already keen sense of the body and its three dimensional marvels of movement. A penchant for observation and study of three-dimensional form has been a common thread throughout my life.

In my youth, I took many years of dance, from classical ballet, tap, to modern jazz. From an early age, I was fascinated with feet. I would observe in wonder, how differently my left toes moved compared to my right. I was fascinated with the foot prints kids made in the school yard dust on their way in from recess and how people's shoes would wear because of the way they walked.

Taking on a form of sculpture in my teens, I taught myself to cut hair, thanks to my sister and brother's good natured willingness to get a free haircut. I still have my steady clientele. In college I majored in art education and furthered my study of form. I worked as a ceramics sculptor for six years and then started a ceramics school for children and taught for 18 years.

My primary teacher for study of Hatha Yoga in the lineage of B.K.S. Iyengar has been the internationally renowned Ramanand Patel. Ramanand, trained as a civil engineer, instilled me with an understanding of sound structure and movement in the Yoga postures.

I have studied with other fine Yoga teachers, such as Kofi Busia, Judith Lasater, and Anusara Yoga teachers, Doug Keller, and Jenni Fox. I have also continued to study other movement forms and healing arts, such as Feldenkrais, Continuum, and Qigong. All of these weave into the tapestry of my teaching style.

In my classes I wish to bring the student into a closer relationship with their body and their being. I describe the intricacies of the poses, making suggestions to guide the focus inward, to build awareness of the rich interrelationship of the body, the breath, and the mind. It gives me great joy to take people on this journey.

Every body needs to move and every body can move within the range of one's abilities. Whether your body is too stiff, too soft, over used, under used, athletic, delicate, rugged, coming back from injury....Yoga offers a wonderful tool box for maintaining the body, the vessel for your mind, emotions, and spirit. It craves your care and attention.

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