

SUSAN HOLBROOK

7/24/1948



Professional Teaching Experience - 1969 to present

Goleta Ballet School (Bob and Carol Hanlin) Calif. All Levels Ballet Instructor

DeRea School of Dance (Harriet and Al DeRea) Los Angeles, Calif Ballet Instructor All Levels

Ice Capades Metro Media (John Nicks and Nora and Michael Kirby) Costa Mesa, Calif Taught Ballet to and coached competitive skaters, and Olympic contenders.

Ballet Arts Center (Larry Boyette Denver) taught Pilates and Ballet, children and adults all levels.

Evergreen Dance Center - A Colorado Ballet affiliate school that Susan founded and directed for 17 years. Evergreen, CO. Taught Pilates in fused with Yoga, Classical Ballet and Choreographed . Children and Adults.

Russian Ballet School (Elizabeth Shipiasky) Denver, Susan was Administrative Director, Ballet Mistress and Choreographer

South York Street Studio, Denver. A Ballet school Susan founded and directed for 6 years before retiring from the world of Dance. Offered Yoga, Ballet, Pilates and Choreography

February 2010 Started The Healing Chest, Yoga for women who are recovering from surgeries and treatments related to breast cancer.

Taught Meditation and Asana for Spa4thepink at Anschutz Cancer Center University of Colorado Hospital

2015 Guided Parkinson's Disease Patients Yoga sessions for Parkinson's Association of the Rockies

Yoga Studies and Programs Completed

The Pith Realizations of the Zhang Zhung Nyen Gyu Masters, Tenzin Wangyal Rinpoche, Bon Tibetan Meditation Level I

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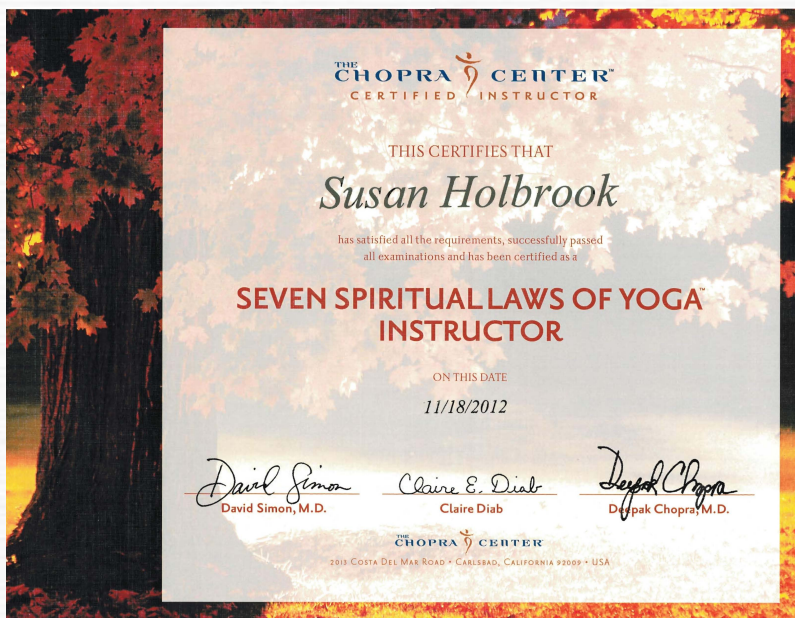
Powered by Anatomy, founder Regina Petralia Anatomy for Yoga

Yoga for Breast Cancer Recovery & Beyond© by founder Camille Kittrell, M.S., E-RYT. Kittrell's safely-designed RYT Certified program meets survivors' needs at various stages of treatment and recovery—and is renowned across the Boston medical community for its uniquely effective healing techniques.

Chopra Center SSLY Certified Instructor

2011 - 2012, Carlsbad, Calif.

The 350-hour Seven Spiritual Laws of Yoga teacher training certification – a Yoga Alliance 200-hour compliant program – blends ancient Vedic teachings, asana development, spiritual principles, and life guidance on living the principles of Dr. Chopra's Seven Laws which are the laws of nature. This philosophy, science and life style will bring balance, flexibility and strength to ones life when these personal qualities seem to have eroded away.



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Participated in Cancer Caregivers & Caregiving Symposium,
Boulder, Colorado March 31 & April 1, 2012

Certified by Joan DePuy RN BSN Boulder Community Hospital
Credited with completing 12.25 CNE Contact Hours.

(workshops with Roshi Joan Halifax, Rodney Yee, Colleen
Saidman, Tony Back M.D., Jim Gordon M.D., Richard Freeman
and Alejandro Chaoul, PhD, Susan Bauer-Wu, PhD, RN,
FAAN)

Yoga Journal Conference, Estes Park, CO. workshops led by Sean Corn,
Shiva Rea, Richard Freeman, Tias Little

**1965 to present Yoga personal practice, study and/or class
attendance** Varying styles starting with Richard Hittleman's Hatha (44
years ago! Yikes.) , Bikram, Lila Flow, Restorative-Judith Lasater, Forrest
Yoga, Integral, Ashtanga Yoga and The Seven Spiritual Laws of Yoga,
Claire Diab, Chopra Center.

Incorporating tools from all of these styles of Yoga Susan has been
creating her own safe, modified program and practice for herself and
ladies who are on the breast cancer journey.

2012 - 2013 Leslie Kaminoff's Yoga Anatomy "The Practices".

**Dec.2012 to June 2017, tri-weekly class attendance at Vital Yoga
in Therapeutics Level I and Level II Bowspring taught by John
Friend.**

**January, 2013 Vital Yoga workshop taught by John Friend and
Desi Springer on Therapeutics**

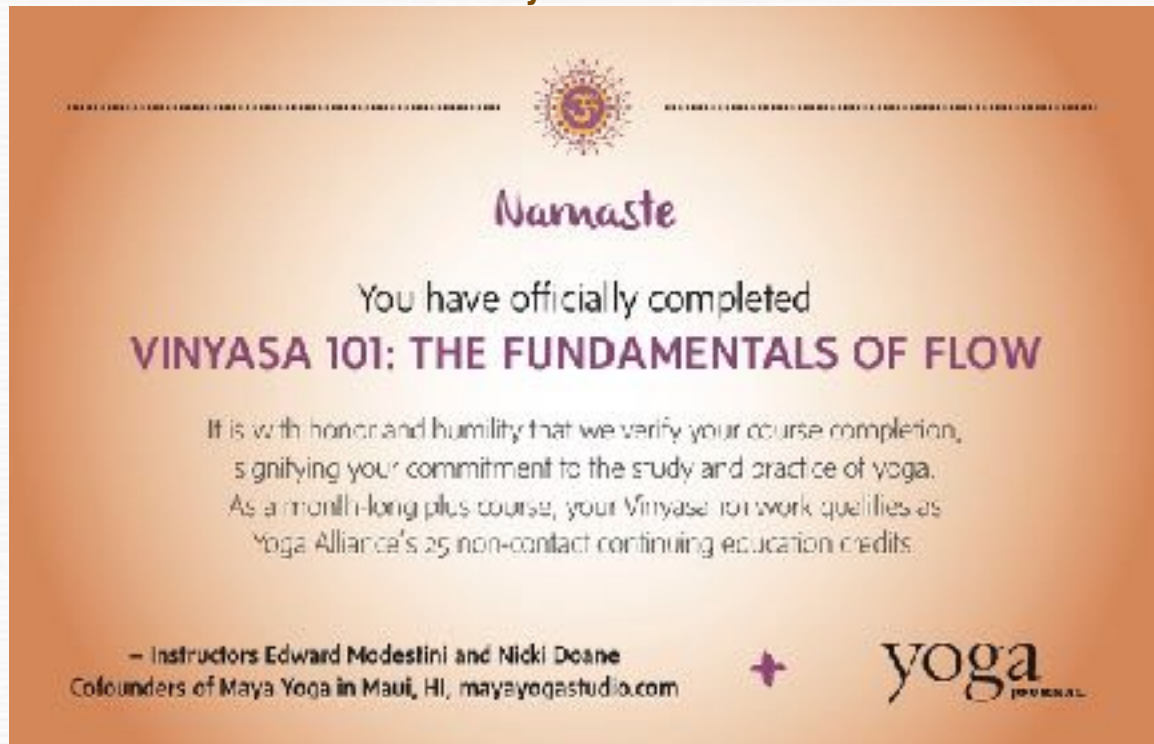
(2016 Vital Yoga is now Vital Center for Mind Body Health)

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Tias Little Workshops - Hips and lower Back - Samadhi Yoga Studio 2012

Tias and Surya Little - Prajna Yoga, Santa Fe, NM Feb, 2013 Lymphatic Yoga supporting the Immune System

Susan Holbrook 2015-12-12 Vinyasa 101: The Fundamentals of Flow



November 1-5, 2017 Global Bowspring Teacher Workshop with John Friend and Desi Springer, Vital Denver Colorado

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Classical Ballet Training

1956 Santa Barbara Calif began Ballet training with Maria Kedrina (a student of Enrico Cecchetti at the Imperial Ballet School/Marynski Ballet).

1963 Carol and Robert Hanlin from American Ballet Theatre

1964 Los Angeles DeRea School of Ballet, Harriet DeRea, Joe Tremaine Jazz

1965 San Francisco Ford Foundation Scholarship San Francisco Ballet studied with Harold and Lew Christensen and Henry Vialzak.

1966 San Francisco Ballet Company Ford Foundation Scholarship

1967 moved to Pacific Ballet Company Director/Teacher Allan Howard

1972 Denver Colorado - Larry Boyette, Melinko Banovich, Nancy Reed Jurgen Schneider Russian Training Method

Pilates Training

1972 - 2008 studied and practiced Pilates - Larry Boyette, Barbara Hutner, Bruce King, Ron Fletcher, Michael Daily.

Gyrotonics-Bruce and Sheri Wolin

Modern Dance Training

1963-1980 June Lane, David Hebel, Anna Halprin in San Francisco, and participated in workshops taught by Martha Graham and Finis Jung.

Jazz Training

Roland Dupree and Joe Tremaine, Los Angeles 1966 - 1968

Professional Dance Experience

Goleta Ballet Company, Goleta California

Santa Barbara Repertory Company, Santa Barbara, California

DeRea Dance Company, Los Angeles, California

Los Angeles Civic Light Opera

San Francisco Ballet Company, California

Pacific Ballet Company, San Francisco, California

Ballet Arts Theatre, Denver Colorado

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