



### ***Meet Suzanne McCafferty...***

#### ***How did you begin your yoga journey?***

Following a lifelong passion for a holistic lifestyle I fell in love with yoga at the very first class, which I attended more than 10 years ago. I immediately envisioned myself as a lifelong student and teacher of yoga. Through yoga you learn when you teach; it's a never-ending cycle. I continue with this passion while infusing the ingredients of a holistic lifestyle with dynamic movement to create classes that focus on the whole body in new and exciting ways. Sharing the physical and mental benefits of yoga represents one of the most rewarding things in my life and something I strive to improve upon every day.

#### ***What styles of yoga are your specialties and what aspect do you enjoy of each?***

By studying yoga through a holistic lens, I've concluded that most people seek to connect with each other, ourselves, and to the source of our being. As a teacher I enjoy leading a group of students to work their core by blending body awareness, strength, alignment and relaxation. This body core specialty has led me to expand my yoga skills with the recent study of Pilates. I expect that this new integrated technique will add an extra layer of mindfulness and challenge for gentle and experienced students to help them discover the power and strength within their own bodies.

Since personalization is rarely possible in a class setting, as a Therapeutic Yoga Specialist, I work with individuals one on one in the studio or in their home. I focus on the individual's medical history and health concerns to customize a session with a careful combination of targeted exercises, rhythmic breathing techniques, gentle movements and relaxation to enhance the body's healing ability for numerous ailments and conditions.

#### ***What's on your yoga playlist?***

I strongly believe in the science of listening to sounds and music as a means of improving physical and mental health. For this reason I strive to incorporate binaural beats into my classes, the harmonically layered blend of frequencies helps students effortlessly achieve deep relaxation while stimulating parts of the brain to achieve better synchronization. Among my absolute favorite is "The Moses Code" frequency meditation created by sound healing expert Jonathan Goldman using Gematria, derived from the ancient Kabbalah tradition. Sound therapists believe that our bodies contain 'energy frequencies' and that sonic frequencies can be used to retune these energies, this is why we lie down in Savasana and bask in the tuneful beauty of 'pure' sound.