



SUSAN
DAY

NLOWE 2018 ANNUAL
CONFERENCE

In Newfoundland and Labrador *women mean business.*

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Susan lives by the motto 'simple yet effective'. Small actions can lead to big results... mentally and physically.

Susan is an experienced yoga teacher, former IT professional and creator of The Office Yogi. She is first and foremost a student of yoga and is living proof that it can change your life. Susan has over 500 hours of formal yoga teacher training and still has so much she wants to learn. Susan has been teaching full time for over 5 years and teaches a variety of classes from chair yoga to yoga for runners. She loves to see how simple breath work and movement can change how a person feels physically, their energy levels and frame of mind.

Susan's latest adventure is in the online space. Her membership site, The Office Yogi, is helping people in offices access yoga and it's benefits easily and effectively. She is on a mission to create a culture of workplace wellness warriors... one deep breath at a time.