

SUJOY



Trained as a gymnast since the age of two, SuJoy has been moving, stretching and creating for most of her life. As part of her gymnastics training, coaches gave lessons in deep breathing and stretching. When she moved from New York to Massachusetts, she discovered Ashtanga. She realized the routines practiced in the primary series were the same as the ones done in her childhood training as a gymnast. SuJoy is committed to helping others by showing compassion and understanding. She has taught workshops based on spirituality and creativity, incorporating visual arts and poetry into self-realization. Her classes are taught with emphasis on mind and body connection.

