

## **Susie Dias**

**B.A., E-RYT500, FOYT-C**

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## **Work History**

### **Yoga and Pilates Teacher and Trainer**

I have been a Yoga Instructor since 1988 and a Pilates Instructor since 1989. I was personally trained to teach Pilates mat-work, reformer, rack (Cadillac) and barrel repertoire by Moira Stott in 1989 and 1992, and taught at the Stott Studio, Toronto during that time. I have studied Yoga in North America and India since 1984 and in 2001 certified with the Federation of Ontario Yoga Teachers and registered with the Yoga Alliance in 2004 (currently E-RYT500). From 1990-1998, I developed and taught the Yoga Program at Sports Clubs of Canada (SCC) and developed a Yoga Teacher Training Program for Fitness Professionals in 1994. I have presented this program for instructors of SCC, the YMCA, and Goodlife Fitness Clubs. This program later became the YES, Yoga Exercise Specialist Certification program. Also, in 1995 I produced and hosted a Yoga TV series on McLean/Hunter Cable TV. In 2001 I formed East to West Yoga. In 2004 I developed the Yoga Alliance Registered, EWYT program and produced the 'Balanced Yoga' DVD. Also in 2004 I opened the East to West Yoga and Pilates Studio, Toronto and launched the Pilates Mat Instructor Certification, PMI program. In 2006 I started the first RYT500 two year program and produced the 'Pilates Mat Workout' DVD. Over the years I have written over 25 teacher training manuals and produced several training DVD's. East to West Yoga programs are recognized by national and provincial fitness organizations such as; Canfit, BCRPA, AFLCA, MFC and OFC and the international, Yoga Alliance. We offer teacher training in Yoga (hatha and vinyasa) and Classical Pilates Mat across Canada.

### **Wellness Trainer and Public Speaker:**

From 1994 to 1998, I branched out into public speaking. I presented programs for companies such as, SMC Pneumatics, The Toronto Board of Education and The Preventive Health Group. These programs varied in topic from Yoga to Meditation to Stress Management. I conducted my s as part of my psychology degree and I also hold a dance degree from York. I continue to do corporate speaking engagements whenever the opportunity arises.

### **Education and Training:**

2008 Remedial Pilates and Hands On/Cueing with Marlee Cargill, Toronto  
 2007 Iyengar Yoga Classes, Toronto, Iyengar Centre  
 2007 QiGong for Yoga Teachers with Andy James, Rice Lake  
 2007 Pre and Post Natal Yoga Teacher Training with Mary Barnes, NYC  
 2006-07 Toronto Yoga Show, Various Workshops  
 2006 Kirtan Camp with Jai Uttal, Guatemala  
 2005-06 Chanting and Yoga Sutra Workshops and Viniyoga Classes, Rosemary Antze  
 2005 Anatomy in Clay, Balanced Body Pilates Conference  
 2005 Yoga Teachers Hands-On Assists Workshop, Patricia White  
 2005 Pranic Healing, Nischala Joy Devi  
 2005 Healthy Breast Yoga Teacher Training with Sat Dhuram Kaur  
 2004 Pilates Mat Certification, Corpus Pilates, Kelly McKinnon  
 2003 Ashtanga Teacher Training with David Swenson  
 2003 Registered Yoga Teacher – 500 hour level, Yoga Alliance  
 2001-2 Medical Exercise Specialist Certification, AAHFRP  
 2001 Federation of Ontario Yoga Teacher's Certification  
 1996-98 York University, B.A. Psychology (thesis "The Effects of Meditation on Perceived Stress")  
 1996-97 Ashtanga Yoga Classes and Workshops at The Yoga Studio  
 1996 Esther Myer's Yoga Studio Workshop Series, Toronto  
 1994 Bikhram's Yoga Training, Toronto  
 1992 Kripalu Center: Yoga Training, Lennox, Massachusetts, USA  
 1990 & 91 Iyengar Yoga Training, Puna, India  
 1989 CAIN Fitness Certification and Kundalini & Sivananda Yoga Training  
 1989 & 92 Pilates Teacher Training with Moira Stott at Stott Studio, Toronto  
 1987 Ontario Fitness Council Certification  
 1984-88 York University, B.A., Dance/Movement Therapy Program  
 1985 FOLP Fitness Certification and Classical Hatha Yoga Training