

Susan White – Restorative Yoga  
explore the pause whole body practice

Susan White – Professional trainings + life long learning

Anatomy & Physiology	Practical Anatomy & Applied Physiology Alexander Technique
Eastern Consciousness Studies Restorative Yoga (Lasater)	ways of being: buddhist zen vedic yogic Yoga sutra (Patanjali) West London Buddhist Centre (Maymay)
Body Centred Therapies & Eco Psychology Practitioner Diploma Psychotherapy Diploma	Jung / Watkins / Emmerson Gordon Emmerson Resource Therapy Intl (Australia 2008) Spectrum London (UKCP 1999)
BA English Language and Literature TEFL Tutor of English as a Foreign Language LGSM Licentiate Tutor Professional Speaking MA Voice Studies Distinction	Reading University St Giles College (Cambridge Board (1993) Guildhall School of Music & Drama (2001) Central School of Speech & Drama (2004)

The quality of our own Body-Mind connection is a gift for life, enabling us to feel fully ourselves. Escalations in stress cause many people to forget how to live in tune with their inner sensibilities.

Through my practice I offer a calming, easeful ways for you to re-connect fully with your deep self. Whether you seek performance ease, healthy well being or other specific attention, I encourage your felt sense to adjust past patterns and to let go of unnecessary exertion, holding and tension. When making adjustments we respect your body's innate intelligence, to enable you to live in harmony with nature, with other people and, most significantly, with yourself.

My practices are experienced in as many varied and personal ways as the people I meet. There are 3 ways to engage: a talking bridge for the Mind; a physical gateway through body-sensing and listening-in and, thirdly, for all of you: re-learning how to pause, breathe and rest – to *refresh*.

Susan White – Restorative Yoga  
explore the pause whole body practice



PRACTICE	<i>"I used to believe changing inevitably involved struggle or regret, and always necessarily took time – with explore the pause it's accessible, practical and inspirational!"</i>
Bodyfulness	
Mindfulness	
Rest – Refresh	<i>Who looks outside dreams, who looks inside awakens ... Jung</i>

Susan White – Coach of Professional Spoken Voice & Presence  
[www.per-sona.co.uk](http://www.per-sona.co.uk) | [susan@per-sona.co.uk](mailto:susan@per-sona.co.uk)



Educator	How to - all aspects of Spoken Voice & Personal Presence
Trainer	Group Training True Communication <sup>©</sup>
Coach	121 Professional Spoken Voice – Presence – Performance Conditioning