

# Susan Dillio – Balanced Life Yoga, Ajax

Susan graduated from Centennial College in 1995 from the Correctional Worker Program. The program offered 3 placements over the course of two years and she was afforded an amazing opportunity to work at two group homes. The first was a phase two group home (16 - 18 year olds) for kids that had already been sentenced and were awaiting their terms. These youth were involved in group therapy, family therapy, going to school in the home and taking part in house rules.

From there she worked at a detention centre for phase one kids (up to 16 years of age – some were as young as 10). These kids were only there temporarily and were awaiting sentencing. Not knowing their fate made it a transitional place and not a home to them. The turn over was pretty quick as most kids were in and out within a week, some stayed a few days - some longer depending their on court dates. Emotions were always high and it was at times a very stressful place for the staff as well as the children they housed.

The last home Susan worked in was a group home for adult males where up to approximately 10 males were housed. It was an open custody facility so the men had jobs that they went to everyday, came back to the house to sleep, take part in house rules and of course therapy.

After experiencing some health concerns a couple of years ago Susan's journey led her to begin practicing yoga. It was through this journey that she found healing and strength in her body. Her experiences forced her to realize that life is truly about constant change - embracing all the changes that come our way, good or bad, with open arms and not to be afraid of what is around the corner.

Susan completed her 200 hour Inspiring Teacher Training at Balanced Life Yoga in 2009 and is currently working towards her 500 hour teacher training certification. Currently she teaches a variety of classes at the Balanced Life Yoga Studio in Ajax including **Gentle Yoga, Restorative Yoga, Flow Yoga** and **Yoga for Better Backs** and in the fall of 2010 she will be teaching **Yoga for Fertility**. She also has her prenatal Yoga, Reiki 1 and Reiki 2 certification.

Susan has taught workshops on Yoga for Better Sleep, a Chakra Tuning workshop and in the fall of 2010 will be teaching a Yoga Nidra workshop and a holiday restorative class.

Yoga for Therapy is where Susan's passion truly is. She feels that yoga is not just a physical practice but one that truly helps to connect us on a deeper journey. She knows from her own personal experience that healing through yoga is possible!

Susan has worked with students that have been referred to her by chiropractors and massage therapists and she enjoys leading people back to positive healing. Being a team member at Balanced Life Yoga provides a place where there is an abundance of positive energy - not only with the staff, but also within the students that come to the studio which creates a space for unity, feelings of safety and security.

**For interviews and media opportunities with Susan Dillio please contact:**

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