

Susan Van Nuys

E-RYT 500



Susan is the director of The Health Advantage Yoga Center. She has been a yoga practitioner since 1989 and began teaching in 1997. Susan has studied with many world-class teachers, focusing on alignment-based styles.

She received a BS degree in computer science and linguistics from the College of William and Mary and she particularly enjoys applying the logic she learned while programming to the progressive teaching of yoga poses.

Susan's approach is warm and clear with an appreciation of individual differences.