

Beverly Yoga Center
teacher highlight



Suzan Bertucci

Beverly Yoga Center

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Birth Place

I was born in Chicago on a sunny Sunday morning.

Most exotic place you have traveled to

The bayous of southern Louisiana are the most amazing places, filled with exotic birds, fabulous reptiles, and magnificent flora.

Favorite quote

Stop wringing your hands and roll up your sleeves.

Book you are currently reading

I usually read three books at a time, a cookbook, a yoga book and a fiction. Right now I'm reading *Veganomicon* by Isa Chandra Moskowitz, *Yoga Anatomy* by Leslie Kaminoff, and *Lark and Termite* by Jayne Anne Phillips. I am enjoying each one!

Greatest influence

During my childhood years the strong women in my life were my greatest influences. I learned wildly divergent but important lessons from my mother, grandmothers and aunts. As an adult my greatest teachers were my three children who opened doors I had not seen and who really taught me to be the person I thought I was.

How do you spend your free time?

I have a passion for cooking, especially healthy vegetarian with a Mediterranean flare! I love to be in my kitchen cooking, eating and drinking with my friends and family. I love to practice yoga alone at home. I like to read whenever I can. Spring through fall I love to run in the park, garden in my yard, and be present to the subtle beauty all around me in nature.

Why did you become a yoga teacher?

As a teenager I studied yoga and was deeply touched by it on both a spiritual and physical level. My practice and interest lapsed for many years. When I was ready to come back to yoga there were no classes in my community, so I studied at the Temple of Kriya Yoga. At the time, I worked for the YMCA and had the opportunity to share yoga with a large and divergent community.