

Featured Teacher: Susan Quon

October 2012



How did you find yoga? *I started my yoga practice to manage the stress of college. Don't get me wrong, I'm a great student and in some circles, would be considered a geek. The process of education and learning is rewarding and enjoyable but tests stink. I'd break out in an anxiety-induced eczema rash as finals came around. To this day, my practice continues to shore me up against the stress of life.*

When I'm not doing yoga, I can be found... *At the Hollywood Bowl rocking out to Beethoven.*

Some things your students may not know about you:

I'm a Gemini, Pitta Vata Geek. That means when my Dosha is balanced, my multiple interests and projects are organized, neat, tidy and complete. This is a rare occurrence. My life is a happy jumble of music, art, dating my hubby and spending time with my family cooking and especially eating.

My favorite TV show is... *Jeopardy. Yes indeed, I watch it with my husband, play along yelling out the answers and we "high 5" each other when we get the question right. So corny but so much good fun.*

When I was little, I thought I would grow up to be... *I'm still growing up. I'll let you know when I'm done.*

What was your favorite vacation/trip ever? *Trout fishing the Eastern Sierras at Alpers Ranch. Peaceful, beautiful, rejuvenating.*

If you could share yoga with anyone, living or dead, who would that be? *Lucille Ball. Yoga can be far too serious. I think it would be a real kick to do yoga with Lucille Ball. Her wit, outlook on life, cultivating humor and humility, enhancing humor and humility all contribute to "not sweating the small stuff," equanimity that yoga fosters.*

In the next 6 months, I am most looking forward to... *Saving up for a two man kayak for paddling around Hawaii and training to complete the rough water swim in Waikiki.*

On a typical weekend/day off, I... *Run away with my hubby, Tom. We stole 2½ days out at Carpinteria Beach surf fishing, digging up icky sand crabs for bait, walking the beach, watching porpoises and the sunset together.*

Who inspires you? *My 99 year young yoga student.*

What is the most definitive feature of your classes? *My classes have a distinct emphasis on breathing and relaxation. I also love offering a BOGO too. That little extra bonus of a pose that's already imbedded and present in an asana. My fav is reverse Warrior while doing a series in Warrior II.*

Do you have a favorite recipe to share? *I consider myself "Queen of One Pan Cooking". Here's a recipe for Pan Roasted Chicken with Potatoes and Peaches for Two:*

- 2 Chicken Breasts. skin on, seasoned with salt and pepper
- 2 Medium potatoes cut into quarters
- 1 Large peach, cut in half
- 1 Medium onion, cut into quarters

In a cast iron skillet or other over proof pan; brown the chicken in 1 Tablespoon each olive oil and butter. Remove from pan.

Brown the potatoes, peaches and onion in the same pan.

Return the chicken and finish in a 450 degree oven for approximately 20 minutes.

Enjoy and remember to do those leg lifts!

FREE CLASS COUPON
with Featured Teacher: **Susan Quon**

[Read the full interview with Susan here](#)
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Susan's Scheduled Class:
Sun 10:00am-11:00am: Gentle



OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, if you have not taken her class in the last 6 months. Coupon valid until Oct 31, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.



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