

Featured Teacher: Susan Raglin

December 2012



How did you find yoga? *In boarding school when I was 16. My house mother taught us and I remember doing headstands against the walls of the dorms.*

When I'm not doing yoga, I can be found... *Dancing, walking my dogs or hanging out with my daughters or friends.*

Some things your students may not know about you:
I love to sail, swim, and take walks by the ocean.

How would you describe yourself in 3 words? *"Live to dance."*

When I was little, I thought I would grow up to be... *a famous Ballet dancer.*

What was your favorite vacation/trip ever? *Taking my daughters to Jamaica.*

Do you have any nicknames? *"Susu" as a child. My brother was unable to say Susan so he would say "u u" which became Susu. My daughters call me Mamasuya sometimes, putting together Mama with my Sanskrit name Anasuya.*

My all time favorite book is... *The Lord of the Rings.*

What inspires you? *Acts of courage, in spite of impossible obstacles.*

My favorite thing about yoga is... *its ability to calm and focus me.*

In my opinion, the greatest misconception(s) about yoga is... *that Yoga is just an exercise program. There isn't enough focus on the spiritual aspects, in my opinion.*

My favorite quote is: *"Learn from the past, plan for the future, live in the now."*

Do you have any pets? *I have three pets. J.J. is my boy and he is some kind of mix. Sasha is a Pomeranian and she is 11 this year, and Aliyah, she's my Himalayan cat. They get along well and keep me company.*

Do you have a favorite recipe to share? *I am a salad lover. I put everything into my salads. The trick is the salad dressing: 1 tablespoon balsamic vinegar, 4 tablespoons of apple cider vinegar, 1 tablespoon olive oil and 1 tablespoon Braggs amino acids. I add turmeric, ginger, garlic, dill, no salt spike and Italian spices. Toss and ready to go*

One of my favorite memories is.... *Sailing and water skiing with my family on Cape Cod in the Summers.*

My greatest life-changing experience so far is... *When my brother died at 20 and I was 23, my life changed. I really became sincere in my Spiritual journey and wanted to know if there is life after death.*

Of all the roles I play in life, my favorite one is... *Mother.* **Of all the roles I play in life, the most challenging one is...** *Mother.*

I think my greatest strengths are... *A sense of humor, determination and a desire to be of service.*

If I could go anywhere in the world, I would... *go to the Mediterranean.*

What is the most definitive feature of your classes? *Safety, humor, adapting for ease and comfort and gaining strength, flexibility, and stability.*

FREE CLASS COUPON with Featured Teacher: Susan Raglin

[Read the full interview with Susan here](#)
Get to know the teachers at Yoga Blend, and enjoy a free class!

Susan's Scheduled Classes:
Mon 6:30pm-7:55pm: Gentle
Wed 6:30pm-7:55pm: Gentle Plus
Fri 11:30am-12:45pm: 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 Dec 31, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.



1921 W Magnolia Blvd
Burbank, CA 91506
818-954-YOGA (9642)
www.yogablend.com

a blend of styles for all levels