

SUSAN HU

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YOGA SELF CARE



2024 Media Kit

YOGA • MEDITATION • AYURVEDA • BREATHWORK • PHILOSOPHY
CLASSES • WORKSHOPS • TRAININGS • MENTORSHIP • BRAND
AMBASSADOR



about Susan

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Susan is an E-RYT®500, YACEP® yoga and meditation teacher, founder of an RYS®200 yoga school, founder of Everyone's Yoga, LLC. and a lifestyle influencer based in NYC.

She is inspired to serve, to tell stories and to make the teaching of self-care and sustainable living available to everyone through the practice of yoga and meditation.

Susan was Miss Shanghai 2006, a dual Master's recipient with an M.A. in Media and Governance from Keio University and an M.A. in Journalism from Indiana University, a B.A. in Environmental Science and Engineering from Shanghai Jiao Tong University with a minor in News and Broadcasting. She also has 10+ years of professional experience as a Marketing Director.

 everyonesyoga.net

 [@susanhu33](https://www.instagram.com/susanhu33) (52K+ followers and growing)

 [yoga yay podcast](#)

Open to collaborations that align with her values and lifestyle.

Susan has collaborated with organizations including Earth Matter NY, In Defense of Animals, Compassion Arts, Project by Project, and brands such as FRE, YogaWorks, SoulCycle, Jed North, among others. She hosted the UN 6th International Day of Yoga Celebration.

With over 2,000 training hours, Susan is an experienced teacher in Hatha, Vinyasa, Yin, Restorative, Yoga Nidra, Prana Nidra, Prana Vidya Healing, Chakra Meditation and other yoga and meditation techniques as well as Ayurveda self-care treatments. She offers private and group yoga classes, workshops, retreats, mentorships and Yoga Alliance Certified courses and teacher training.