

SUSAN HU

IG: @SUSANHU33

YOGA SELF CARE

2021 Media Kit

YOGA • MEDITATION • AYURVEDA • PHILOSOPHY • BRAND AMBASSADOR



about Susan

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Susan is an E-RYT®500 yoga and meditation teacher, founder of an RYS®200 yoga school, 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 from Keio University and Indiana University.

 everyonesyoga.net

 [@susanhu33](https://www.instagram.com/susanhu33) (25K followers and growing)

 [yoga yay podcast](#)

Open to collaborations that fit 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, Jed North, among others. She hosted the UN 6th International Day of Yoga Celebration.

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.