

87 East Merritt Avenue  
Merritt Island, FL 32953

321-452-YOGA Land Line  
321-960-1533 Cell Line

# Suzanne Smith Elliott, MA

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Merritt Island, FL 32953

Director/Owner of H.O.T. Yoga on The Island, Merritt Island, FL. Creator of a Community of Healthy, Happy clients brought together for Healing and Therapy

## EXPERIENCE

### **Yogapreneur: 2000 - current, Brevard County, FL and Beyond**

- Founder of locally owned H.O.T. YOGA; Healing. Original. Therapeutic. YOGA
- Yoga Therapist, Coach & Teacher for private or group lessons
- Created Wild About Yoga series based on natural environment
- Created Kids/Teen Yoga Camp & Class Curriculum for 5-17 years old
- Created Fun Innovative Training, customized fitness & health coach
- Disney Marathon 2000, raising \$1,500 & power walked 26.2 miles.
- Lecture & Yoga Teacher at local and national fitness & health seminars
- Teacher/Facilitator for plant-based nutritional class series
- Local speaker on environmental and humane education programs
- Fitness Instructor for local recreation departments, public libraries & assisted living facilities
- Facilitate one & two-week spa seminars with fitness & nutrition & massage
- Host and Direct weekend retreats, seminars, clinics and workshops
- Hosting Director of USA Yoga, Southeast Regional 2004 & 2006 – 2010
- Yoga Coach for Regional Representatives 2003 – current
- Yoga Sport Coach since inception in USA 2003,
- Attended EVERY USA Yoga Championships 2003-2022
- USA & IYSF National/International Championships 2003-2022 Coached seven 1<sup>st</sup> place USA and four IYSF champions, all athletes in Top 10, Top 5, Top 3
- USA Yoga non-profit Board Member since 2015, Vice President 2022
- USA Yoga and IYSF Championship official as Judge, Coach, Athlete Ambassador, Volunteer
- H.E.A.R.T. non-profit, Inc. Board Member since 2017 (Health, Exercise, Artistry, Recovery, Training)
- Created blog for Hip Replacements after undergoing Double Total Hip Replacement 2013

### **Secondary Education: 1980 - 1999 Pikeville, KY; Daytona Beach, FL; Merritt Island, FL**

- Biology & Psychology Teacher, grades 9 - 12
- Guidance Counselor, grades 10 – 12

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## **EDUCATION**

Morehead State University, Morehead, KY

- 1976 – 1980: B.A., Physical Education, Biology, Recreation
- 1980 – 1982: M.A., Counseling

1974 – 2022 Seminars, Workshops, Retreats, Clinics & Trainings: Hatha, Yin, Advanced, Hot, Kids Yoga, Yoga Therapy; Live Foods 101; Royal Atlantic Health Spa Program; National Health Association Seminars; Vegetarian Summerfest; Anthony Robbins Mastery University; Health Minister & Life Coach

## **CERTIFICATIONS/AWARDS**

CPR, International Sports Science Association Master Trainer, YogaFit, Manju Jois Ashtanga Yoga Sport, Bikram's Yoga College of India Master Teacher, Yin Yoga, IAYT Yoga Therapy, Vegetarian and Vegan Nutrition, Anthony Robbins Mastery University Life Coach, USA Yoga Judge/Coach, Toastmasters, RAD Myofascial Release Coach, IYSF Level A Coach

Cocoa Beach Regional Chamber of Commerce Business of the Month March 2021 and June 2022. Florida Today's Best Yoga studio 2022. Hometown News Best Yoga Studio 2018-2022.