

Experience, Credentials and Class Locations

- ☯ Suman and Peony have been teaching Mind Body fitness and lifestyle Tai Chi and Yoga for more than 20 years and locally in Eugene and Springfield area for the last 12 years.

They have taught low-cost or free classes at community centers, hospitals and senior assisted living facilities.

- ☯ Suman and Peony offer specialty classes at:

Oregon Heart & Vascular Institute, Sacred Heart Medical Center, RiverBend

Johnson Unit, Peace Health

Laurel Hill Mental Health Service

Parkinson's Resources of Oregon

Serenity Lane and other drug and alcohol treatment centers

- ☯ Suman and Peony have trained Mind Body fitness Instructors statewide — more than 30 Yoga teachers and more than 300 Tai chi Instructors.

They have trained nationally more than 800 Mind Body Fitness instructors.

- ☯ Suman has been an honorable speaker at the following:

Diabetes EXPO Conference, July 2006, Portland, OR

Evidence-based Fall Prevention Conference, May 2000, Atlanta, GA

OSU Gerontology Conference, April, 2011 and 2014

Annual Living Well with Chronic Conditions Forum, March 2012, Eugene, OR

Annual Conference of American Physical Therapy Association, June 2012, Tampa, FL

Oregon Self Management Training Institute, May 2013, Portland, OR

Peace Health Gerontology Conference, September 2012, March 2013, February 2014, Springfield, OR

NorthWest VEG FEST, Health & Wellness Conference, September 2012 & 2013, Portland, OR

