Suzannah Gratz is a theater artist, yoga instructor, and movement enthusiast. Suzannah grew up performing and studied acting professionally earning a BA in acting performance from California State University Long Beach. Her performance studies blended with Yoga have led to many theatrical endeavors rooted in mindful embodiment and character building. When she isn’t teaching yoga Suzannah might be found dancing in her living room, devising new theater projects, or exploring how we might bring social justice to our communities through movement! Her most recent curiosity and study has led Suzannah on the path to becoming a certified drama therapist. Since finding empowerment through her own journey of yoga beginning in 2010, Suzannah guides students to lead extraordinary lives through the courageous healing art of this practice.