

## ***Susan Austin, M.A.***

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**Susan Austin, M.A., movement & dance educator**, integrates mind/body/energy practices. Susan combines a depth of knowledge and expertise in movement and energetic arts that include classical ballet, modern and jazz dance, figure skating, qigong/tai chi, acupressure/tapping and energetic movement 'medicine'.

As a physical trainer and choreographer for more than 30 years, Susan has been an integral part in the artistic development of many Olympic, competitive and professional figure skaters. She has been on the faculty of several prestigious training centers in the United States and has assisted Olympic coaches Ron Ludington, Frank Carroll, Robin Cousins and Ming Ju Li. Beginning in 1992 and into the following decade, she served as an artistic consultant to the Chinese Olympic team in Beijing. Susan was the first American coach to be invited by the Chinese National Team to China. She has also conducted workshops in Canada, Japan and Poland. She has coached several actors in skating for movie roles.

Since 2011 Susan has been immersed in Qigong/Tai Chi and Energy Medicine with an ever increasing passion for movement practices that cultivate *self-empowered wellness*. She studies and practices **Wisdom Healing Qigong** with Master Mingtong Gu, completed the Foundations Program of **Eden Energy Medicine** with Donna Eden and Kim Wedman, is a certified leader of **Tai Chi Easy** through **Roger Jahnke's Institute of Integral Qigong & Tai Chi** and completed level 1 and 2 with **Chuni Lin** in **Spring Forest Chigong**. Susan recently completed two years in **Acupressure Meridian Therapy** and **5-Element Meridian Acupressure** with Michael Reed Gach.

At the **Esalen Institute** she has participated in numerous Qigong and Tai Chi intensives with **Mingtong Gu** founder of **The Chi Center**, **Roger Jahnke** founder of **The Institute of Integral Qigong and Tai Chi** and **Chungliang Al Huang** founder of **Living Tao Foundation**.

In 2014 she founded **Movement Energetics: Integrated Body Practices** to provide tools and techniques that *self-empower individuals* toward greater health of body, mind and spirit. Ancient wisdom combine with contemporary methods to awaken energies that bring flow, balance, joy and vitality to life. Dance techniques, qigong/tai, Eden Energy Medicine, yogic postures, core strength, breathing techniques, tapping/self-acupressure and mind/body practices combine in innovative and individually tailored ways.

In 1995 Susan's passion and advocacy for skating as a performing art led to co-founding a skating repertory company, **City of Angels Ice Theatre**, with Olympian **Lisa-Marie Allen**. The company received national recognition and the prestigious **Edi Award** in 1996 for **Best Performance by an Ice Theatre**. Susan continued to create dance pieces

for the company through 2009. Susan was appointed as a founding board member for the **Pro Skating Historical Foundation** serving 2007-2014.

Susan has choreographed for stage, arena, commercials, video and TV. Her students are as diverse as Olympian **Mirai Nagasu** to **Will Ferrell** for the movie **Blades of Glory**.

Susan Austin holds a M.A. in Dance from University of California, Los Angeles and a B.A. in Dance from California State University, Long Beach. She also studied performance and choreography at California Institute of the Arts.

Susan enjoys working with and inspiring all levels and ages to find their healer within in a positive and supportive environment. The various modalities are tailored to specific individual and/or group needs..

Susan recently relocated to Mission Viejo, California.

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