

Susanlee Mascaro, RYT500, RYT200, Faculty YogaOne Teacher School

Susanlee received her 200 and 500 hour Yoga Teacher designations from Kripalu School of Yoga in Massachusetts. She holds a Certification in Positive Psychology and is also certified in the following yoga styles and modalities: Ashtanga, Power, Laughter, Restorative, Senior, Medical, Kids, Prenatal, and Pranayama (breathing techniques). Susanlee is a substitute teacher at YogaOne.