

Experience and Accomplishments

Sue designed and has continuously taught The BodySense Method of Yoga locally and internationally for over forty-five years.

Business Owner:

- 1998 to 12/2004; designed and operated The BodySense Yoga & Fitness Center, Andover, MA, (a unique combination of Yoga, Personal Fitness Training, Polarity, Nutrition, Reflexology and Massage Therapy.)
- 1980; Opened The Yoga, Body Control Center, Andover, MA
- 1978-1980; At the Sheraton Rolling Green, Andover, “Sue Luby’s Hatha Yoga School”
- 1965-1978; taught at Ballardvale Community Center, Andover, MA
- 1964; Began teaching in Burlington, MA

Master Teacher:

- 2007 to Present; teaching the BodySense Method in my private studio, York, Maine
- 2005-2006; Cedardale Athletic Club, bi-weekly BodySense classes, coached Tennis Team and personal trainers on safe use of fitness equipment with The BodySense Method
- 2004-Present; Andover, MA, advanced BodySense classes with core students
- 2004-2006; Therapeutic BodySense application for a blind, semi-ambulatory partially wheel-chair bound 25 year old man. The LubyTube proved vital for his comfort, breathing and alignment
- 2005; Westford Teachers Association; In-house service day for Stress-Reduction
- 2004; North Andover Teachers Association; 12 week lecture series of stress-reduction which they then share with their students
- 2002-2006; Northeastern University, Bouve College of Health Sciences, consultant/teacher for the department of Physical therapy
- 2002- Present; Designed *Yoga Teacher Training Program* and *BodySense Personal Trainer Certificate* courses
- 2002-2004; Presented at the MAHPERD Convention, Worcester, MA (Massachusetts Association for Health, Physical Education, Recreation and Dance)
- 2003 Synchronized Swim team, Andover YMCA, (National Award winners for several years)
- 2003; Presentation at YWCA Girls Center, Lawrence, MA
- 2003; *Postural Assessment of Adolescents Pre-and Post-Intervention with the BodySense Program*, Nashville, TN
- 2004 Presentation above given at Boston’s National Convention
- 1999; WHDH Ch 7 TV Interview at Center
- 1997; Coached Greg Rando, Stoneham, MA, Mister Universe, 2002.
- 1995; produced a first grade video for the Needham School system
“Breathing, Posture and Sitting Tall to Grow Big and Strong!”
- 1988; New Zealand, Presented several The BodySense Method workshops
- 1988; Brisbane, Australia sole presenter, keynote speaker at a 5-Day *Yoga in the Age of Technology* International Convention in **Australia** for yoga teachers and medical professionals.
- 1986; taught at University of New Hampshire Continuing Education and consulted for Durham Health Club
- 1986-1990; Consultant for patients of Dr. R. Lebro, York, ME Chiropractor
- 1984; Haverhill High Football Team; trained coaches and captains in The BodySense Method, allowing the team an injury-free season for the first time in school history

- 1983-85; National Five Day Intensive Workshop for teachers and health professional, Andover, MA
- 1983-84; Cincinnati, Ohio BodySense Intensive for the Cincinnati Yoga Teachers Association
- 1982; Pittsburgh, PA. BodySense Intensive for the “Yoga Teachers Ass. of Pittsburgh”
- 1982-1985; Worked with Isaac Goldman, CF patient (adding ten more years to his life through the use of The BodySense Breath Technique) Children’s Hospital documented this work with a video
- 1981-1985; Conducted *Scoliosis Clinics*, shortening brace-wearing time by 2 years
- 1981; Channel 4 *For Kids Only* Saturday morning
- 1979; Andover High Track Team; modified entire warm-up program
- 1975; Saturday morning TV show production; “Yoga and Kids” (Ch.4)
- 1973; West Elementary School, Andover after-school program
- **1971; Founder of The Teachers Workshop which grew into the *Yoga Teachers Association of America***
- 1965; taught students at Billerica High School and the Cambridge YMCA

Consultant:

- Medical doctors and chiropractors refer patients from all areas of the Northeast
- Provide Stress Management Seminars for many corporations, i.e., Bell Atlantic, Dupont Pharmaceuticals, Fleet and other banking institutions
- Advised/provided rehabilitation to members of the Boston Bruins professional hockey team
- Provide PDP credits through in-service programs offered to Massachusetts’s teachers
- Providing weekly clinics based on specific protocols to individual amateur sports teams; i.e. YMCA Synchronized Swim Team, North Andover High School Field Hockey Team, Haverhill Football Team, Andover Track Team, etc.

TV & Video Production:

- Frequent guest on television, radio; contributing writer for newspapers and magazines
- **PBS “BodyWatch” television series. (Co-produced and starred in series) 1989-1991**
- BodyWatch II Video based on the “BodyWatch” television series. 1990, selected as “Best New Video” by Good Housekeeping Magazine

Author:

- Newspaper Column: Weekly Fitness Columnist for *The Eagle Tribune*, (2000)
- Fitness Editor, Foster’s Daily Democrat, Durham, NH (1991)
- *BodySense: The Hazard-Free Fitness Program for Men and Women*. Faber and Faber, (1986)
- *Hatha Yoga for Total Health*. Prentice Hall, (1978). (Includes record and cassette of the same title)
- *Yoga is for You*. Prentice Hall, (1974). (Includes record of the same title)

Education

- Ongoing student of Yoga, Health and Sports Medicine
- 2003; Three week Yoga seminar in Greece
- 1959; Endicott College, Beverly, Massachusetts, Associate Degree, pre-school education (Outstanding Achievement Award)
- 1957; Wellesley High School, Wellesley, Massachusetts.

Additional Certification, Courses and Memberships

- Current; Yoga Alliance, Registered Yoga Teacher, (RYT)
- Registered instructor/ PDP (Professional Development Points) 2001-present
Massachusetts Department of Education
- Member of American College of Sports Medicine, 1999-present
- Certified as in Advanced Clinical Hypnotherapies, National Guild of Hypnosis. 1990-1993
- Scoliosis, Orthotics and Physical Therapy Course, Children's Hospital Center, Boston. 1980
- Member of International Yoga Teachers Association, 1980-present
- *Yoga Teachers Association of America, founder, 1970*
- Iyengar Yoga study with masters from India, France, Greece and the United States, 1963-present

Summary

Sue Luby is all of these;

- Business Owner
- Convention Keynote Speaker
- TV Show co/producer
- Consultant to professionals
- Master Teacher

Her efforts have evolved from a vision of a healthy body. This vision is achieved through the innovative design of The BodySense Method and continues with her creation the LubyTube.