

Wellness Camp at Woodhouse Lodge
February 21-23
Instructor Bios and Class Descriptions

Susan Hartley

[Creative Arts Therapist / Dance Movement Therapist](#)

R-DMT

LCAT NYS License, Creative Arts Therapist

Susan Hartley's career has focused entirely on dance and the performing arts. In Santa Fe, New Mexico her early modern dance training and performance experience was under the mentorship of Eve Gentry who retired to Santa Fe after a long career with the Hanya Holm dance company. After her early high school experience with Eve, Susan was accepted into the Dance Department of Adelphi University under the tutelage of department head Norman Walker. The focus of the dance department at that time was in Modern Dance Techniques, Ballet and Choreography. After graduating with a Bachelor of Arts from Adelphi University, Ms. Hartley began a twenty five year career as a musical theatre performer. Her credits included two Broadway musicals, ANNIE and MY ONE AND ONLY, as well as national and international tours including THE BEST LITTLE WHOREHOUSE IN TEXAS. Over the years Susan had the opportunity to share the stage opposite Tommy Tune, Twiggy, and Sandy Duncan in MY ONE AND ONLY. She co-starred with Leslie Uggams in ANYTHING GOES and Phyllis McGuire in APPLAUSE, as well as appearing with Barbara Eden in THE BEST LITTLE WHOREHOUSE IN TEXAS. After a hiatus to raise her two sons, Susan co-starred with Georgia Engel in a production of HIGH SPIRITS. Susan served eleven years on the board of directors of New York City's Abingdon Theatre Company, the last 3 years of which were as chairman of the board. In NYC she also co-artistic directed and co-founded HELL'S KITCHEN MUSICALS, a musical theater development company with a mission to develop original works. A rock version of Shakespeare's HAMLET was one of the many development projects during her tenure she developed and taught a creative dance and movement class for 10 years (Shake, Rhythm and Roll) crafted for boys ages 4-8 years old. Susan was also a member of the Advisory Council for the School of American Ballet and for 14 years was a member of the board of directors of the LCU Foundation. The foundation's mission: to provide housing stipends to women who are furthering their education in New York City. Susan taught and helped create creative dance and ballet classes geared for children ages 18 months to 7 years old in New York City at various locations for New York Kids Club. In August 2017, Susan completed the NDI (National Dance Institute) teacher training. Her younger son is a dancer and soloist with the New York City Ballet. In May 2020, Susan received a Master of Science in Dance/Movement Therapy with Distinction from Pratt Institute. Susan is currently practicing in New York City and the Hudson Valley.

Amanda Huggins

Holistic Anxiety Coach

<https://amandahugginscoaching.com/>

Amanda is a Holistic Anxiety Coach, Intuitive healer, author, and certified yoga instructor with 500+ hours of training. Her yoga practice and teaching career began long over a decade ago in

Los Angeles, but she's been happily back on the East Coast since 2020 and splits her time between Catskill and NYC. Whether she's teaching yoga, talking with a coaching client, or holding an energy healing session, Amanda takes an integrative approach to all of her work: "start with the body, work with the mind, and tune in to the soul." Her yoga classes are alignment-focused, soulful, sweaty, and creative. More than anything, Amanda wants her students to feel comfortable, safe, and empowered - both on the mat, and off. She can't wait to meet you!

Workshop Description: *Magnetic Manifestation: Designing your dreams*

Dive into the fundamentals of manifestation and unlock your potential to shape your reality in an empowering Manifestation Workshop led by Integrative Healer and author, Amanda Huggins. In this workshop, Amanda will teach the essence of manifestation work, and help you to craft personalized frameworks and strategies to bring your dreams to life. She'll also guide you through a powerful visualization meditation to ignite your intentions. Don't miss this transformative evening of creativity, clarity, and connection—let's manifest magic together!

Yoga Class Description: An all-levels class designed to get you moving, sweating, and breathing. Each class is designed in a vinyasa-style with creative sequencing and music tailored to match the flow.

Kelly Curran

[Well & Kell Yoga](#)

Kelley Curran is an experienced yoga teacher and personal trainer who specializes in yoga for arthritis, restorative, vinyasa, and aqua yoga. She is the owner of Well + Kell Yoga in Catskill, NY.

"In my eight years as a yoga instructor and personal trainer, it's been my honor to lead confident dancers and fellow triathletes as well as arthritis sufferers, physical rehabilitation patients and nervous beginners. In my class, there is no such thing as too old, too inflexible, or too broken. Above all, I want you to remember that you are the expert on you. You have the power to hear what your body is telling you, and turn that feedback into the movement that your body needs. I share my knowledge and tools to help you make the best and safest decisions for you in all my sessions and classes. However, I want you to feel empowered to take this way of listening to your body and trusting yourself in any class. I invite you to drop what you think yoga looks like, and join me in exploring what it could feel like. It's not about balancing on your pinkies, but balancing your life."

Brittany Burnham

[Podcaster/CEO/Fitness Coach](#)

CEO at PWR Performance Wellness Recovery | Coach | Podcast Host of MomBoss Maximizer | Founder of GUTS Girls Using Their Strengths

Shannon Schober
Studio Manager, [Body Be Well Pilates](#)

Shannon Schober manages and runs all three locations of Body Be Well Pilates. Shannon is a Nationally Certified Pilates Teacher through the Pilates Method Alliance® and holds a B.M. in Music Recording Technology and a B.A. in German from Lebanon Valley College. She was introduced to Pilates after her sister, Chelsea, opened Body Be Well Pilates in Red Hook, NY. Here Shannon soon became a regular client and found the training immediately gratifying. She was surprised to see how the techniques could be applied to every type of person and how Pilates helped them with everything from daily activities to building better bones! She decided to become a Certified Pilates Instructor through Body Be Well and has hopes to help people look and feel better both inside and out!

Chelsea Streifeneder
Owner, [Body Be Well Pilates](#)

Chelsea Streifeneder is the owner of Body Be Well Pilates & founder of Healthyish in a Hurry. Chelsea is an NCPT Certified Pilates Teacher, Holistic Nutrition professional, and author, who wants you to live well and feel your best every day. With over 17 years of experience, Chelsea and her writing have been featured in *Prevention*, *Women's Health*, *Hudson Valley Magazine*, *Pilates Style Magazine*, and more. Chelsea manifests a deep love for Pilates, fitness and health and loves nothing more than helping others make their bodies become healthy and strong.