



Wellness Instructors



SUE BENJAMIN

Sue is an elementary school teacher in Marcellus, N.Y. She has been a fitness instructor since her graduation from Syracuse University with a B.S. degree in

elementary education. Sue received her M.S. degree in education from Cortland State University and a C.A.S. degree in educational administration from Oswego State University.

In the fitness realm, Sue has coached women's gymnastics at Marcellus High School, specializing in choreography for balance beam and floor exercise. She received her certifications in group exercise instruction and step instruction from AFAA. Sue taught aerobics and step at the Bally Total Fitness Center in Dewitt for two years. She has also choreographed musical productions for the Skaneateles Summer Theater and for the Skaneateles High School. Sue received her certification in yoga instruction from the FITOUR Organization and has been a yoga and aerobics instructor for the Mirbeau Inn and Spa.



SUSIE BIRCHENOUGH

Susie is a Certified Yoga, Pilates & NIA Instructor, with over 20 years experience. She has earned an advanced yoga teaching certification with Yoga Master, Erich Schiffman. Susie also has studied with Rod Stryker, John Friend, Shiva Rea and Donna Farhi. Susie's style of yoga is her unique blend of

various techniques, with a strong basis in Iyengar. Susie's passion, study and understanding of movement, meditation, pranyana and postural alignment have led to her internal awareness of the oneness of the mind~body~spirit. She teaches with clarity and a great

sense of lightness and joy. Susie's gift is her ability to bring the true experience of yoga to each participant regardless of age, experience or level. Susie teaches retreats and workshops throughout the world.



DEBBIE BOBBETT

Debbie Bobbett earned a BS in Health Promotion/Exercise Physiology & Gerontology from Lynchburg College in 1998. She is currently working towards a Masters in Health Education from SUNY Cortland. Debbie is a Certified Personal Trainer/Group Exercise Instructor through AFAA- Aerobic and Fitness

Association of America, Certified Health Education Specialist through The National Commission for Health Education Credentialing, Nutrition Specialist through Lifestyle Management Associates, Pilates & Sport Yoga Instructor through National Exercise and Sports Trainers Association, Certified Perinatal Instructor through Healthy Moms Corporation, and Indoor Cycling Instructor. She attributes her success to her passion for health & wellness, ability to motivate & work with all populations.



JUDIANN CESTA

Judiann Cesta is a graduate of Synergy Center for yoga and the healing arts in Miami Beach, Florida. She is registered with the Yoga

Alliance as an e-ryt with over 1,000 hours of teaching experience. In addition Judiann has trained more experienced yoga students to become yoga teachers. She has been teaching yoga at Mirbeau for over 4 years.



CAROL ANNE GALLAGHER

Carol Anne has been teaching Taoist Tai Chi for 14 years. As a volunteer Instructor, she teaches & practices Tai Chi in

a spirit of compassion and service to others. Students are encouraged to understand the movements so that they are better able to help themselves improve their own health.



DEBBIE MURPHY

Debbie is an AFAA Certified Group Fitness Instructor and Personal Trainer. She is a dedicated instructor with 20 years experience. Debbie has instructed classes in aerobics,

step, resistance & toning, resist-a-ball and senior fitness. Debbie is also continuing to take classes to stay on the cutting edge of new and exciting developments in exercise and health related issues.



ALLISON PFLUG

Graduate of James Madison University, Harrisonburg VA with a B.S. in Biology. Concentration in Human Sciences, including Human Anatomy and Physiology. Participated from a young age through early

adulthood in many forms of Dance. Have always enjoyed various forms of exercise, including Aerobics, Running, Racquetball and Yoga. Currently Certified in Principles of Health and Fitness, Group Exercise, Group Cycling and Pilates. Also holds current certifications for CPR and AED use.



TINA RAMSDEN

Over 25 years experience teaching fitness. Registered Yoga Alliance Teacher, Trained Vinyasa Yoga Teacher (under Shiva Rea);

Trained Yin Yoga and Meditation Teacher (under Sarah Powers); Certified Danskinetics Teacher (Kripalu Yoga Center), Certified Group Fitness Teacher under the American Council on Exercise, Certified Personal Trainer WITS at Onondaga Community College. B.S.E Recreation Therapy & Health Education. Tina teaches Vinyasa Power Yoga, Yin Yoga and Meditation and is available for private yoga classes.



JANICE SINGER-WAGNER

Janice Singer-Wagner has been a health fitness instructor since 1988, teaching cardio, step, tone/strengthening, flexibility and spinning classes. She is certified by the American College of Sports Medicine as a Personal Trainer as well. Janice is an

outdoor enthusiast with interests in a number of activities, including long distance bicycling, rollerblading, hiking, kayaking, snowshoeing, and cross country skiing. She loves sharing her zest for activity and fitness through her classes.



GEORGIA STORMES

After many years of traditional Yoga practice Georgia observed fellow classmates stop taking classes because of

problem backs, shoulders and limb joints. This led her to seek a methodology of Yoga that was renewing for all body types, fitness levels, personalities and ages. The end result was intensive teacher training and graduation from the Nosara Yoga Institute, in Costa Rica with Don Stapleton, who trademarked Self Awakening Yoga® during his 19 years of teaching at prestigious Yoga centers.

Her Interdisciplinary Teacher Training includes: Various techniques for facilitating yoga, Yogic postures, conditioning movements, pranayama, relaxation, meditation, and yoga philosophy.

Georgia integrates Vinyasa Yoga into her classes, which fosters a balanced and flowing sequence of postures that stimulates natural movement of the body and an expanded self-awareness that is essential for healing and progressing in Yoga practice.

Her background as an RN and second level Reiki training add to her understanding of the body on many levels and ensures a safe space for individuals to learn and develop their yoga practice.

Georgia is a registered Yoga teacher with Yoga Alliance, a national organization whose mission is to lead the yoga community, foster integrity, provide resources, and to uphold the teachings of yoga.