

SUZIE POETSCH

Suzie Poetsch started dancing at the age of 5 and fell in love with classical ballet which led her to scholarships at San Francisco Ballet and Milwaukee Ballet summer programs. She is trained in the Checchetti method and R.A.D. Her 15 year professional career with Ballet Pacifica allowed her to explore the possibilities of dance with classical and contemporary choreographers such as David Allen, Diane Diefenderfer and Peter Pucci. She also toured with Los Angeles Ballet and David Taylor Dance Theater of Denver, CO.

Suzie is also a certified Pilates instructor on all equipment for 20 years. Trained by the Physical Mind Institute, and currently working at Konnect Pilates in Mission Viejo, and Balanced Body training site. She loves that Pilates compliments dance.

"I love to share the joy of dance, while focusing on technique for safety for the longevity of a career."

I look forward to sharing what my teachers shared with me!!