

SUZANNE BIESER

CERTIFIED YOGA TEACHER &
GROUP FITNESS INSTRUCTOR

📞 925-699-3884

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📍 Ka'anapali, HI



MISSION STATEMENT

I aim to provide a safe and fun space for students to do their workout at their level of comfort. I commit to create a judge-free environment where students can be themselves and build camaraderie while enjoying a healthy lifestyle.

EDUCATION

- 200 HR YTT
YogaRenew Teacher Training
Sep 2022
- Fitour Group Exercise Instructor
February 2023
- Further Anatomy Training
YogaRenew Teacher Training
Ongoing
- In process of ACE Personal
Training Certification
- B.S. Biochemistry
University of Nevada, Reno

INTERESTS

Yoga
Ocean Swimming
Golfing
Body Boarding
Group Fitness Classes
Resistance Training
Road Cycling/Peloton
Stand Up Paddle Boarding
Trail Running
Hiking
Tennis/Pickleball
Humpback Whales
Sea Turtles
Reef Restoration
Reading
Travel
Further Education
Wines

PROFESSIONAL EXPERIENCE/VOLUNTEER WORK

- YOGA TEACHER, GROUP FITNESS INSTRUCTOR, various places,
Jan 2022 - present

Organize and lead weekly yoga/Pilates classes for Masters' residents in Ka'anapali, from Jan. 2022 - present. Currently teach yoga at Royal Lahaina and Westin Nanea since 2024. Taught group fitness and yoga at Body in Balance in Lahaina from Nov 2022 - Aug 2023 (fire caused closure). Taught at Westin KOR from May 2023 - June 2024. Taught yoga and group fitness at Hyatt in Ka'anapali from May 2023 - June 2025. I currently do personal training for friends and family (using weights, bands, blocks, basically any equipment they have available) and am currently studying to get my ACE Personal Training Certification.
- REALTOR, Coldwell Banker Realty, Pleasanton, CA, 2002-2021

Top agent 4 of my last 5 years in Pleasanton office. Top 100 Bay Area agent 16 of the 20 years I practiced. Managed a team including a marketing/social media assistant, transaction coordinator, and buyers' agents. Responsibilities included marketing, prospecting, client services, negotiating, counseling and advising clients, paperwork management, escrow communications, project management that involved coordinating with vendors and contractors. Listing presentations required public speaking skills and presentation performance, along with creating marketing and listing presentation materials.
- MEMBERSHIP AND MEMBER SERVICES DIRECTOR, ClubSport (now Bay Club),
Pleasanton, CA, 1997- 2002

ClubSport (BayClub) is a 180,000 sf fitness resort that provides every aspect of fitness. Responsibilities included ensuring the membership sales team made their goals, and that member services held current membership numbers. Loving this environment, I stayed on as a member for 20 years until I moved to Hawaii in 2021. Over the 25 years I was there, I participated in most fitness programs they offered, and worked with many personal trainers, coaches, nutritionists, and fitness instructors to improve my fitness level and knowledge.
- TURTLE PATROL, NOAA, July 2022– February 2023.

Educate onlookers about sea turtles, and to ensure no one touches or harms them as they rest on the beach or rocks. Bi-weekly volunteer position.
- WATER SAMPLER, Hui O Ka Wai Ola, November 2021 - present.

Pull ocean water samples and use field equipment to measure pH, turbidity, salinity, nutrients, etc. The Hui works with MNMRC and the data is sent to Hawaii's DOH. One morning every 3 weeks, volunteer position.