

RHYTHM FOR LIFE

MATERNAL DANCE – “Dance Your Way To Birth”

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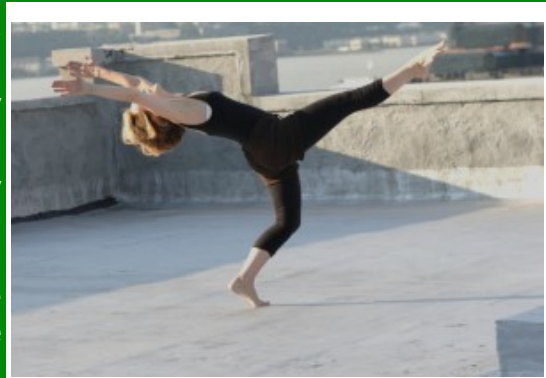
SUZANNE CAESAR, MA is an accomplished dancer, choreographer, certified perinatal fitness expert, movement educator and entrepreneur who has turned her lifelong passion for dance into the world’s first fitness movement and lifestyle brand specifically designed for mother’s-to-be: “Rhythm For Life”.

Suzanne has taught thousands of women and expectant mothers to embrace their inner dancer, and to get in touch with the feminine principles of flexibility and empowerment, through her classes, workshops, training programs, appearances, speaking engagements and videos.

A Love Affair With Dance

Suzanne has been dancing since she was a child. By age 13, she was a champion Irish dancer, and went on to study virtually every style of dance including tap, ballet, jazz, African, Latin, Ballroom, modern and belly dance.

Suzanne has performed at venues such as Dance Theatre Workshop, Sony Plaza, the Dia Art Foundation, and the American Museum of Natural History.



After touring abroad, she returned to NYC and received her MA in Dance from New York University, as well as a performing arts license from NYC Board of Education.

Suzanne began working as an independent choreographer with Broadway performers and various New York theatre companies, while continuing her own studies with top choreographers including Erik Hawkins. She has performed with Steven Koplowitz & Company, and mambo champion, Richard Diaz. One of her proudest achievements was receiving a personal referral from jazz dance legend, Luigi.

Dance Imitates Life

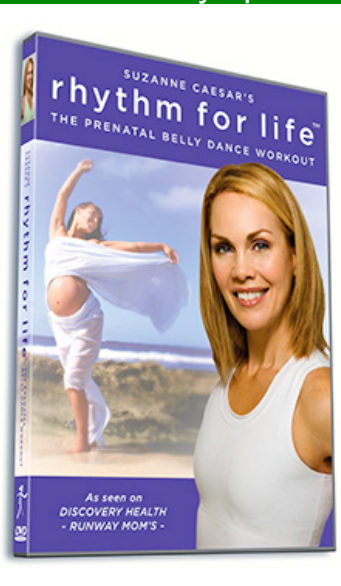


Dancing her way through two pregnancies, Suzanne integrated her dance background, personal experience and studies in guided imagery and homeopathy to create a holistic and contemporary way to stay -fit before, during and after pregnancy and launched her company, Maternal Dance.

A Healthy Moms certified perinatal fitness expert and prenatal yoga teacher, Suzanne brought her live Maternal Dance program to DVD with the recently released Rhythm For Life–The Prenatal Belly Dance Workout DVD which has been endorsed by the March of Dimes.

Considered an innovator in maternal fitness and dance, major news outlets such as Discovery Health Channel, Foxnews.com, NY1 News, Pilates Style Magazine and Self Magazine regularly feature Suzanne and the Rhythm For Life DVD.

Suzanne also offers moms private and group prenatal and postpartum sessions, a variety of programs and her themed dance parties are perfect to celebrate any special occasion.



Suzanne is considered an expert in the Maternal Dance movement and is a frequent guest lecturer and speaker at international and corporate events, seminars and retreats.

Suzanne continues to work as a movement educator and choreographer and is passionate about sharing her love of dance and yoga with people of all ages and experience levels. She is currently choreographing a show about women called, “Fall To Grace”, and uses the ritual of dance to release pleasure, empower, support and celebrate women.

Find Out More About: [Rhythm For Life & Maternal Dance](#)
Experience The DVD: [The Prenatal Belly Dance Workout](#)
Book Suzanne For Dance: [Choreographer Reel](#)
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