

Sharon A. Suh is a professor of Buddhism in the Department of Theology and Religious Studies at Seattle University. She received her Ph.D. in Buddhist Studies from Harvard University and is author of several articles and book chapters on Buddhism, gender, and race. She has published three books: *Being Buddhist in a Christian World: Gender and Community* (University of Washington Press, 2004); *Silver Screen Buddha: Buddhism in Asian and Western Film* (Bloomsbury Press, 2015); and *Occupy This Body: A Buddhist Memoir* (Sumeru Press, 2019). She was the keynote speaker at the 9<sup>th</sup> Sakyadhita International Conference on Buddhist Women in Kuala Lumpur, Malaysia.

Dr. Suh's academic work explores the intersections of Buddhism, gender, race, and film. She is particularly interested in exploring trauma from the perspectives of Buddhism and neuroscience, and focuses particularly on the experiences of women of color. She emphasizes the importance of trauma-informed embodiment practices such as meditation and yoga that can increase the capacity for resilience. She serves on the board of directors of The Center for Mindful Eating and most recently served on the board of directors of Yoga Behind Bars. She is a certified Mindful Eating-Conscious Living teacher through the UCSD Center for Mindfulness. She received her 200-hour Registered Yoga Teacher training and trained extensively in trauma-informed yoga with Yoga Behind Bars and Y4T (Yoga for Trauma). She currently resides in Seattle, Washington.