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 PhD Candidate (SOAS, Philosophy)
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After some time away from academia in my previous career as a profession dancer/choreographer/creative director, I came to School of Oriental and African Studies – SOAS with a research interest in freedom practices. I completed my MA Traditions of Yoga and Meditation in India and Tibet degree in 2022. In September 2024 I began my PhD journey with SOAS. 'Blackness and Freedom to Breathe'. My discipline is philosophy My research area is Philosophy with interest in comparing African and Buddhist philosophical perspectives on African centred mental health, wellbeing and liberation I am a recipient of the SOAS Scholarship and Ebony Initiative Studentship. Subsequent funding has been awarded from The Jordan Travel Scholarship and Doctoral fieldwork grants. In 2025, now a 2nd year PhD candidate, I started my fieldwork with the first site in Uganda. This year, 2026 the second site is Brazil.

I am currently available for teaching roles within my field and for talks, presentations and workshops. My mixed methodological approaches are cross cultural comparative philosophy and oral history. I am a highly organised individual with great communication and interpersonal skills; I have over thirty years' teaching and facilitating experience. From team leader to project co-ordinator, I have managed and directed both community and commercial arts projects. My work history has necessitated both working independently and as a team member. I have experience of working with awarding bodies and have led successful grant applications from a wide and varied range of organisations. My work has entailed local, national and global projects and extensive outreach.

I am open to and excited by new initiatives, having enjoyed being involved in expanding projects through research and the subsequent development required to bring it to life. With over 30 years, experience in the world of performing arts, I have worked in a variety of roles, originally starting my career as a dancer and then teaching and directing two of my own dance companies. Since 1999 my teaching expanded into yoga and teaching English as a second language. With professional integrity, compassion and a non-judgmental attitude, I share my knowledge with others, by organising and facilitating workshops and classes to help people build confidence to use their creativity within an educational setting. Good communication is an art and a skill that I specialise in.

I am a British Wheel of Yoga qualified teacher and licensed to observe and assess teaching practice. I completed my MA in Tradition of Yoga and Meditation at SOAS, School of Oriental and African Studies, University of London in 2022. I would greatly welcome the opportunity to contribute my wealth of experience in management and co-ordinating projects for all ages and abilities. I am particularly keen to be a part of bringing the education of breathing and mental health practice and related subjects within academia and helping to create access to marginalised global communities. Having taught online since the 2020 Covid pandemic, I now realise the development potential within educational media platforms and have the added insight of being a student receiving online education. To this I initiated the first ever BAME focussed yoga at UCL and SOAS universities. I have introduced mindfulness and breathing meditation to Ebony Initiative as a part of in person writing retreats and worked with professors such as Dr Gabriella Raymond Beckles in setting breathing and grounding practice at the beginning of seminars and academic workshop sessions. My current research looks at 'Blackness and Freedom to Breathe'(c)

Qualifications

2026 PhD candidate – fieldwork year – Uganda and Brazil
2025 MPhil Philosophy SOAS
2019-2022 MA, Traditions of Yoga and Meditation in India and Tibet – Merit
 2021 Mindfulness Teacher Training Certificate
2014 CELTA English Teaching Certificate
 2008 Arts Award Advisor Training
 UK Youth 'Working with Young Parents' Certificate
2000-2004 Teaching Qualifications (City & Guilds - 7307)
 2000-2004 British Wheel of Yoga Teacher's Diploma
 British Wheel of Yoga for Pregnancy Certificate
 British Wheel of Yoga Foundation Course Certificate License to Teach
 2000-2004 Anatomy and Physiology (ITEC)
 1994 ITEC Diploma in Aromatherapy
 1993-1994 Postgraduate Diploma in Storytelling and Story Making in Education and Therapy
1987-1991 BA Honours in Performing Arts, Dance Major, Middlesex University
 1985 ITEC Diploma in Massage and Physical Therapy, YMCA fitness to music Certificate

Excellent teaching skills

- Research and delivery of projects
- Initiating new ideas, projects and educational programs
- Creating engaging website content and communication strategies
- Negotiating project and funding proposals with gatekeepers
- Budget management

Managing others and ability to inspire those around

- I have experience of managing a wide range of people from students, dancers, producers, choreographers, project managers, teachers and students.
- Tutor and student liaison
- Perceptive and considerate, project coordination, used to employing, training and motivating staff, having run my own companies for years.

Excellent people and communication skills

- A good listener and a confident communicator, I am a people person and enjoy working within a team as well as a proven ability to work alone. I can use my own initiative and deliver results. ○ I also have good leadership skills and believe in motivation, respect and good support to encourage the best work from my students and people I work with.
- Teaching, facilitating and initiating lead projects, I have a proven ability in identifying and maximizing the potential in others.
- I am a real people person and find it easy to motivate others and creating a stimulating and positive environment. Resourceful and creative, educational events organisation

- Resourceful and highly creative, I am used to coming up with ideas and solutions, adapting to different situations easily.

- I have a 100% record of success in initiating community events/projects, securing funding, keeping to budget, delivering to deadlines and producing.

- Ability to be reflexive when assessing and monitoring projects aims and objectives and insuring a high level of competencies with all collaborators.

- A creative background and used to producing high level media of excellent quality with experience of working with designers, visual artists, technicians, promotional material, video and digital media

Work

2020-2024 SOAS, Ebony Initiative co-ordinator and workshop facilitator/teacher

2022-London Buddhist Organisation – Research Assistant – Quantum Physics and Buddhism

2018-2019 Cambodia Retreat Manager/Teacher and training yoga teachers – Authored a teacher trainer manual - Writer

Self Employed Yoga Teacher

2015-2016 Yoga Teaching Self Employed – Private English Self Employed

2014-2015 Stafford House School of English – ESOL Tutor

2012-2014 Self Employed Abroad teaching creative writing, conversational English London and Macedonia.

2011 Hillcroft National Residential College for Women

Creative Writing, Storytelling and Story Making, Drama

2009 – 2011 South East Dance Associate Practitioner

Freelance tutor, facilitator, trainer

Independent Performance Artist – Physical Theatre and Spoken Word

2008 – 2009 South East Dance Moving Voices Coordinator

- Coordinating young people aged 16 – 25 to volunteer in dance. Working across nine regions in the Southeast of England.

- Trained to deliver The Arts Award - Setting up nine youth dance committees across 9 counties to enable a youth led, community initiative for a three-year project.

- Targeting young parents and BME youth.

- Setting up 10 websites informed by young people

- Marketing and publicity informed by young people

- Coordinating and leading workshops and talks

- Networking with gatekeepers and relevant volunteer agencies

- Working with young teachers and assessing and implementing their training needs

1994-Present: Clean Break Theatre Company

Consultant, Project Manager, Teacher and workshop facilitator

- Working with women who have experienced the criminal justice system, those with mental health issues, drug and alcohol dependency by getting them involved in performing art projects.

1999-2004 Projects Director, Dance/Drama Teacher,

PAN Centre for Intercultural Arts

An independent artist practitioner with multiple funding acquisitions including Arts Council England for creative work.

- Working closely with young people at risk, using dance and drama as a medium for exploring ways of overcoming issues such as violence and racism.

- I initiated the projects 'Arts against Race Violence' and 'F.U.R.I.O.U.S', (for us respect is our ultimate statement) working with young women at risk and DARE (Dance/drama Against Racism Everywhere).

- Producing several documentaries, music & dance videos and a book of young people's writing and rap poetry.

- Actively involved in large scale arts projects, including working with 500 children in a single project culminating in a multimedia performance at The Museum of London

1981-2019: Freelance dance, movement and yoga teacher choreographer

- Started my career as a Dance Teacher as well as performing as a Dancer in theatres nationally and internationally.

- Chorographer work (20 years):

Working as a solo artist, choreographing fashion shows, helping bands on their stage performances as well as performing as a Dancer.

- Founder Member and Artistic Director of Female Dance Company (4 years):

- Teaching dance classes to all age groups and different levels (mainly in a secondary school).

- Generating ideas for dance shows as well as performing them.

- Securing public & local government funding, forming valuable, progressive business relationships in the community.

- Devising budgets.

- Collaborating with musicians, sound/light technicians for shows.

- Planning marketing and publicity strategies to promote dance performances.

- Founder Member and Artistic Director of Mas Dance (5 years):

- Running this mixed gender dance company, establishing a working relationship with varied multi-media companies.

- Liaising and working closely with artists from different fields such as animators, digital graphic designers, writers, visual artists and producers.

- Offering services of choreography and dance, doing film and dance work.

- Applying and securing funds for different art projects.
- Creating publicity and advertising materials. Performing Storyteller and writer with percussionist touring schools and community centres

Yoga, Meditation and Breathwork, Philosophy, Coaching, Facilitating and Teaching 25 years

- Teaching yoga to different age groups and all levels.
- Decolonising yoga projects and initiatives
- Workshop and Project Facilitator: Working with various community arts organisations in London