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Sharon Abbondanza E-RYT, C-IAYT (Certified Yoga Therapist)



Sharon's reverent love of the body infuses her teaching. She artfully

combines the intelligence of yoga therapy with the innovation of restorative alignment using the BackMitra. With sixteen years teaching experience, and multiple certifications, Sharon's love of yoga translates into on-going in-depth personal studies as well as developing teacher trainings. She has created and taught a Teacher Training program for Restorative Yoga Therapy and has developed a Foundations teacher training for the BackMitra. She partners with Brigitte Longueville to host an annual retreat in San Agustinillo, Oaxaca and offers a variety of yoga workshops in BC and Mexico. Studying with advanced practitioner Gioia Irwin, Sharon has completed the International Vijnana Yoga Certification, an 800 hour comprehensive program of Hatha Yoga that integrates the classical limbs of pranayama, asana, meditation, study of yogic texts with Eastern Taoist practices and an extensive

exploration of embodied anatomy.

Having completed the Anatomy of Yoga, an 800 hour intensive training in Yoga Therapy with Master Teacher Leila Stuart, Sharon maintains a private yoga therapy practice and teaches on-going classes in Greater Vancouver. Recently studying with luminary Kamini Desai, Sharon is integrating somatic psychotherapy into her practice.

As the in-house yoga teacher at Shaughnessy Golf & Country Club for the past 12 years she has led Yoga & Golf workshops with Golf Pro Ginny Golding. Sharon's warm and collaborative nature has given rise to various creative workshops such as yoga and drumming for women with Alexandra Millman of Drum Mama Studios. Recently, Sharon travelled to El Salvador to teach The Anatomy of Movement for Mylene Bergeron's Deep Flow course accredited by the Vancouver School of Body Massage.

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