

Published on [www.yogatherapyinternational.com](http://www.yogatherapyinternational.com) (<http://www.yogatherapyinternational.com>)

---

## **Shauna Elton, BFA (Contemporary Dance), E-RYT 200, CNP Nutritional Practitioner**



**Shauna Elton's** lifelong endeavour has been to blend a

tapestry of mindfulness and movement holistic practices to help individuals achieve mind-body health. She is an independent dancer, choreographer, and contemporary dance teacher for professional and pre-professional dance classes in the dance community, including Simon Fraser University Contemporary Dance program and for various training programs in Vancouver. She has been active in the dance world for over 25 years and worked and toured with numerous acclaimed choreographers from Canada and abroad.

Her yoga studies brought her to Thailand and India to certify in the traditional 8-limbed Ashtanga Yoga system. Her curiosity led her to delve deeply into contemplative meditation

practices. She has attended three Vipassana 10-day silent retreats in Merritt BC, and yes, she will go again.

She has completed courses in ACT (Acceptance Commitment Therapy) and Mindsight-Interpersonal Neurobiology and is completing her certification in MBSR (Mindfulness-Based Stress Reduction).

Shauna graduated from the Institute of Holistic Nutrition as a Certified Nutrition Practitioner and incorporates the effects of food on mind and body in her teaching. She offers a ?Radiance & Resilience? program that builds a personal practice tailored to the individual and their specific needs.

**As a specialist faculty member, Shauna offers classes in mindfulness meditation on Thursday evenings from 7 to 8:30pm.**

---

**Source URL:** <http://www.yogatherapyinternational.com/content/shauna-elton-mindfulness-meditation>