

## **Sharon Osorio, Yoga Teacher**

Sharon came to the practice of yoga in 2008 as a form of physical therapy for LUPUS.

Yoga has given her a complete sense of well being and renewed zest for life. Her goal is to share this gift and help others. She is a Yoga Alliance Registered Yoga Teacher in Soul Sweat Asana and received her training at the Yoga and Healing Center in Scotch Plains NJ.

Sharon teaches in a vinyasa style with emphasis on breath work and proper alignment. She offers modifications, adjustments and encourages the use of props so that all yogis can enjoy their practice no matter their level of practice.