

Rita Sambruna

RYT 200



Rita started her yoga journey in 2001 and is a graduate of the HAYC teacher training program. Rita holds a certificate from the Cancer Exercise Training Institute, and, having studied with Tari Prinster, founder of the Yoga4Cancer methodology (y4c), is a certified Yoga for Cancer teacher.

Rita has also studied with Iyengar teachers John Schumacher and Julie Gudmestad, deepening her understanding of alignment-based yoga, and with Judith Hanson Lasater, becoming a certified Relax and Renew® Trainer.

Rita strives to create a warm and nurturing teaching environment where students can progress at their own pace and unfold their full potential.