



DOMINIQUE VINCENZ
Recovery Coach & Trauma Inform Yoga Teacher

Dominique discovered yoga fourteen years ago while completing an in-patient treatment program at The Orchard Recovery Centre on Bowen Island, British Columbia.

As a former classically trained ballerina, she found the rhythmic breathing and graceful movement of yoga to be particularly effective in quelling the fear and anxiety she was experiencing in addressing her addiction issues at the treatment facility.

Upon her return to Vancouver, Dominique began a daily practice of yoga and meditation to complement her Twelve Step and other recovery work. Four years later, with a history of continuous sobriety under her belt, she made the decision to share her experience with others in becoming a trauma-informed yoga and meditation teacher.

Over the past ten years, she has taught yoga in various mental health facilities and treatment centres, working with people struggling with severe addiction, PTSD, and other mental health issues. She has also taught yoga to high-performance varsity athletic teams and Vancouver Fire & Rescue Services.

Dominique is also an Erickson-trained life coach and CCAR-certified recovery coach who offers mindfulness-based coaching and yoga therapy to people in recovery.