



Sarite Sanders  
Pilates  
Lic. M. Th. RYT, RH, Cert.

Sarite Sanders is a former professional dancer, a certified Pilates teacher, a registered Vinyasa Yoga teacher and has been a Licensed Massage therapist maintaining a thriving private practice for 35 years.

Having originally trained with the National Ballet School in Canada and Toronto Dance Theater, she became a massage therapist in 1977, after injuries from a car accident interrupted her dance career. Owing her recovery to bodywork, retraining in yoga, Alexander technique, and kinesiology, she was invited to study and work in the prevention and treatment of dance and sports injuries with well known Canadian dance chiropractors David Drum and Victor Celeste, working alongside them treating many famous dancers from the Canadian National Ballet, Les Grandes Ballet Canadiennes, Harkness and the Royal Winnipeg Ballet, as well as many athletes and entertainment luminaries. Moving to the Woodstock area in 1985 she has continued her post graduate bodywork trainings in myofascial, osteopathic and sports stretching techniques, Zen shiatsu and Thai yoga massage.

Her continuing search for answers in working with dancers and yogis led her to study Pilates and Gyrotonics with David Brown of the Elisa Monte Dance Company, and the Moving Body, Leah Chaback of the Movement Center and Power Pilates, Jonathon Urla, where she certified in Pilates, Stott Pilates, and teachers of the Kane School of Core Integration.

She also completed her Yoga teacher training at Bliss Yoga in 2009, her main influences being Jivamukti Ashtanga Vinyasa, with focus on Iyengar alignment, as well as Yin yoga.

Sarite maintains a busy bodywork and teaching practice in Pilates and yoga in Woodstock NY and New York City, and also works at Tibet House's Mahasukha Spa at the Menla Mountain Retreat Center in Phoenicia NY, where she works with well known yogis such as Baron Baptiste, Richard Freeman, Colleen Saidman and Rodney Yee and their students. She has been teaching Pilates and yoga on the faculty of Extreme Ballet Program at Kaatsbaan International Dance Center since 2002.