

Pam Sharpe

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Experience

1980 – 1984: Owner/Fitness Instructor: Focus on Figure & Fitness Boutique Studio

Owner/Operator of a boutique fitness studio in Bangkok, Thailand. This innovative studio was the first of its kind in Bangkok. Focused on aerobics, light weight training and stretching

1985 – Present: Yoga Teacher – Wellbridge Fitness Management – Athletic Club
Northeast/Concourse Athletic Club

Fitness instructor and trainer for aerobics, sculpting, step aerobics and water aerobics from 1985-1993. In 1993, assumed the role of yoga teacher in addition to fitness instructor. Certification for yoga training (200 hour AFFA) completed in 1999 at Kripalu Center for Yoga and Health, Lenox, Massachusetts. In 2004, additional Certification – 500 Hour.

1993 – Present: Personal Trainer

Certified personal fitness trainer for individual clients in the Metro Atlanta area. Services included: weight management, motivational instruction, yoga, weight training, stretching, cardiovascular coaching, menu building, time management.

2000-2008: Yoga Teacher – Private Studio

Private yoga instruction for small groups and individuals; influenced by the following styles: Kripalu, Hatha, Iyengar, Esther Myers, Vanda Scaravelli and Erich Schiffman

2012 – Present: Yoga Teacher – Morningside Presbyterian Church

Yoga instruction provided for an independent classroom. Gentle Hatha style yoga, anatomical instruction and body sculpting. Lead two classes per week.

Education

Agnes Scott College – Bachelor of Fine Arts in Studio Art/Art History – 1976

Georgia State University – Bachelor of Music in Vocal Performance – 1992

Kripalu Center for Yoga and Health – 200 Hour Yoga Teacher Certification – 1999

Esther Myers Studio, Toronto Canada – 500 Hour Yoga Teacher Certification – 2004

Elise Browning Miller – Yoga for Scoliosis Workshop/Provider Training – 2012

Asheville Yoga – Marma Points Workshop with Shala Worsley – 2014

Shakti Yoga Seattle – Ana T. Forrest – 2016

Asheville Yoga – Mindfulness in Meditation with Shala Worsley – 2016

Asheville Yoga – Yin Yoga with Shala Worsley – 2017

Heal Center – Reflexology Certification with Roz Zollinger – 2008

Heal Center – Reiki 1 Certification – 2010

Workshops With:

Jan Campbell, Baron Baptist, Erich Schiffman, Angela Farmer, Deepak Chopra, Shiva Rae, Amrit Desai, Chris Baxter, Esther Myers, Suzi Hurley, Deva Parnell, Ana T. Forrest, Shala Worsley, Sarah Powers, Manny Manuso, Kathleen Pringle, Steven Cope, Tias Little and others.

Skills/Certifications/Recognitions

Featured in **Atlanta's Best Self** magazine's Top Yoga Teachers of the Year – Yoga 101, 2012

CPR Certified (American Heart Association) 2017-2019

Georgia Masters Swimmer – State National Champion (1998 – 2010)

Flight Attendant – Delta Airlines – 1976 - 1980

Decatur Ballet – Ballet Dancer – 1956 – 1970

Actor/Singer/Model – 1985 – Present

Yoga Spokeswoman – Dekalb County Public Television – 2008

Visual Artist – Painter – 2012 – Present

Dog Lover