

Erica Librach

Erica began practicing Ashtanga yoga in 2001 initially just to get back in shape. With a bad back and no flexibility, yoga was immediately challenging. She continued to practice on and off for years recognizing the amazing physical benefits. In 2010, she moved to Bucks County and began practicing at Sun Dog Yoga Studio. With such a welcoming and inspiring community, she enrolled in the 200 hour Anatomy of Yoga Teacher Training with Shari Simon hoping to become fully immersed in Ashtanga yoga. Through the training she found yoga can be so much more than just an exercise but a way to keep both the mind and body healthy.

Erica began teaching in 2011 and in 2014 she completed the 300 hour Anatomy of Yoga Teach training with Shari Simon. Practicing yoga has had a great impact on her life both relieving pain and creating a quieter, calmer mind. Erica loves teaching and continues to be amazed by the transformation that is possible through yoga.