

Shari Simon

Shari's yoga journey began over twenty years ago with the practice of Iyengar yoga, which proved a peaceful haven in a period of years spent as a freelance art director in Chicago. Shari followed her heart into the field of bodywork therapy, and subsequently became a yoga instructor. She was first introduced to Ashtanga yoga by Manju Jois, eldest son of S.K. Pattabhi Jois, and a new yoga love was forged. Shari has studied extensively with David Swenson, Nancy Gilgoff, David Williams, to name a few...all roots of the Ashtanga family tree.

Shari opened Sun Dog Yoga Studio nine years ago in Doylestown, and has committed her heart and life to it. Shari also created *The Anatomy of Yoga Teacher Training* over a decade ago, training many of our local yoga instructors. Since then she has taught four groups at the 200 Hour Level of the Yoga Alliance Certification, and one group completed their 300 Hour Advanced Training in 2014. Shari has been a practicing bodywork therapist for nearly twenty years, and this path of understanding the body on many levels greatly informs her abilities as a yoga teacher.

Shari is a Registered Yoga Teacher with the Yoga Alliance at the 500 Hour Level (E-RYT 500). She holds a Bachelor of Fine Arts from the University of Notre Dame. When she isn't running the day-to-day operation of the studio or teaching or doing bodywork therapy, Shari loves to paint, create, and play with her new Sun Dog, Zoey.