

Shari Simon

Shari's yoga journey began 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 Manju Jois, David Swenson, Nancy Gilgoff, David Williams, and Beryl Bender Birch...all roots of the Ashtanga family tree.

Shari created *The Anatomy of Yoga Teacher Training* ten years ago, training many of our local yoga instructors. Her production company has sponsored the David Swenson Ashtanga Yoga Workshops in the Philadelphia area for the last six years. Shari has been a practicing bodywork therapist for fourteen 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. She has created a business of the heart, *Mariposa Drumworks*, out of her great love for drumming and creating sacred art. Her newest venture in the sacred arts is custom made jewelry created for their healing properties.

And her most exciting creation to date....**Sun Dog Yoga Studio!**