

Shari Simon, E-RYT 500, B.F.A.

Shari is the owner of Sun Dog Yoga Studio in Doylestown, and creator of the Anatomy of Yoga Teacher Training, and is certified at the highest level by the Yoga Alliance (500 Hour Level Experienced Registered Yoga Teacher). Shari has been a student of yoga for over twenty years, beginning her study and love of Ashtanga Yoga in 1995 with Manju Jois, and continuing to study with David Swenson, Nancy Gilgoff, David Williams, and Beryl Bender Birch...all roots of the Ashtanga family tree. Over ten years ago, Shari created the first Anatomy of Yoga Teacher Training, offering a number of shorter trainings in Bucks County...and now expands the training to the 200 hour level. Shari has been practicing bodywork therapy for the last fourteen years, and brings her extensive knowledge of energy, the body, and the psyche to her teaching and trainings. Through her own journey and path of growth, Shari brings with her a deep grounding and understanding of ancient truths and wisdom.