

# **Shari Simon**

## **Yoga Instructor, Owner of Sun Dog Yoga Studio**

*“Everything in the universe is within you. Ask all from yourself.”— RUMI*

Shari has been a practicing Bodywork Therapist for over 30 years. During her decades as a Bodywork Therapist, Ashtanga Yoga practitioner and teacher, Shari has cultivated her innate ability to use all of her senses to see and hear what is happening in her client’s being. This “sight” helps her guide each individual in recognizing outdated physical and psychological patterns and belief systems within, and aid in creating new pathways for healing and a healthy, vibrant life.

Her history of helping others heal has included the use of Cranio-Sacral Therapy, Myofascial Release Therapy, Pranic Healing, Collard Bodywork (Mind-Body Therapy), Cizin I’raku (Mayan Reiki), Shiatsu/Shin Tai, Oriental Medical Theory, as well as years of study in indigenous healing techniques.

Shari established a vibrant Yoga Community by opening Sun Dog Yoga Studio in Doylestown, PA. which has been in operation since 2006. She has trained hundreds of individuals to become Registered Yoga Instructors over the last 20 years. These Trainings have included in-depth study into the body’s energy systems and how the Chakras and energy fields operate and effect us. This information along with all of the tools of yoga that she has learned and shared over the years, is an integral part of each **Soul Guidance Session**. Where applicable, Shari offers techniques in breathwork, meditation, chakra clearing and balancing and much more.

Click here to learn more about Sun Dog Yoga <https://www.sundogyogastudio.com>