

Shari's yoga journey began thirty 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 senior roots of the Ashtanga family tree.

Shari opened Sun Dog Yoga Studio twelve years ago in Doylestown. Shari developed her first Yoga Teacher Course in 2000, training many of our local yoga instructors. Since then she has taught five groups at the 200 Hour Level of the Anatomy of Ashtanga Yoga (Yoga Alliance Certification) and three groups of the 300 Hour Advanced Training since 2014. Shari has been a practicing bodywork therapist for twenty five years, and this path of understanding the body on many levels greatly informs her abilities as a yoga teacher. Shari is Registered with the Yoga Alliance at the highest level (E-RYT 500, YACEP) 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 Sun Dog, Zoey.