



## Sherah Sydney

ISHTA Certified Teacher, E-RYT200 => 500

In June of 2004 Sherah Sydney completed her Teacher training certification under Ishta's [then Be Yoga's] expert teaching program. Her yoga focus/interests spans a range which includes Hatha, Vinyasa, Yin, Power Yoga, Astanga and Iyengar and the base root of her teaching style - affectionately known as **ISHTA** - was created by Kavi Yogiraj Alan Finger as a blending of the ancient & contemporary sciences of Hatha, Tantra & Ayurveda.

A highly creative, spiritual artist with a jazz performance background in her younger years and a well respected executive with years of experience working within Manhattan's Lighting design industry. Sherah has a unique way of mixing fun with great disciplines as she brings a balance of wisdom, joy, creativity & compassion into all spaces. Passers by often hear bouts of laughter behind closed doors while her classes are in session. There is never a dull moment and quiet times are savored. Some of the words her students use when describing her sessions are healing, conditioning, fun, exciting, restorative on many levels, fulfilling and addictive. Students leave feeling relaxed yet empowered. Once asked what she loves the most about teaching yoga and leading group meditation? With bouncing eyes she responds. " Oh my, in our sessions I gather with some truly amazing people (some of which are dear friends)... to pause, share, teach, laugh, meditate, unplug, learn, express gratitude, love, uplift, reflect, listen and repeat! ..perhaps ask me what I love the least and you'll likely get a much shorter answer. "

Life, Love, Learning is a journey [not a destination] - a journey which is always unfolding and evolving. Yoga and Meditation are really great tools for accessing the gateway to a deeper capacity for healing, maintenance + companionship with self and others - body, spirit, mind. - SS.