

Sarah Sher

Transformational Life Coach, Yoga Teacher and Meditation Instructor guiding others to feel empowered within themselves to live their best lives!

149 Jackson Street Rear
Swoyersville, Pa 18703
sarahsher1028@yahoo.com

EXPERIENCE

Self Employed, Yoga Teacher/ Meditation Instructor

2019- Present

Trauma Informed Yoga and Meditation Instructor

Protein For Pets, CA— Sales

2017-2019

Providing Holistic Health Foods for Pets

Freelance Makeup Artist/Skin Care Specialist - NJ, PA

2014-2015

Makeup artist/ Skin Care Specialist for Revive and Chanel

Tranquility Salon and Spa, NJ -Hairstylist Assistant

2012-2014

EDUCATION

Sacred Stone Healing, Rhode Island — Ayurvedic Health Counselor

2020-2021

Ra Yoga, CA - 200 Hour Yoga Teacher

2019- 2020

Veterans Yoga Project, CA - Mindful Resilience Instructor

2020

Rizzieri Aveda School for Beauty and Wellness, NJ -Cosmetology License

2012-2013

Cherry Hill East High School-High School Diploma

2010

SKILLS

Teaching and Facilitating

Sales

Customer Service

Nutritional Lifestyle and
Guidance

Anatomy and Physiology

Leadership

Building strong Relationships

Client Retentions

Certifications

Ayurvedic Health Counselor

Trauma Informed Yoga
Instructor

Reiki 1

Mindful Resilience Instructor

200 Hour Yoga Instructor

Cosmetology License - NJ

CPR/ AED