



## SARA HART

Grateful to have a lifestyle that supports her professional, creative & spiritual ideals, Sara has been teaching Yoga + Meditation since 2009.

Sara is the founder of the *iHART Lens* - an Ayurvedic influenced artist residency offering yoga, meditation, and wellness workshops and immersions for traveling artists.

Sara is also co-founder of *Artemis Audio & Ayurveda*, offering traditional Vedic sound healing and crystal Reiki immersions with a partner, Andrew Campbell who offers professional audio recording for artists and healers on retreat.

When not teaching Sara is creating mixed media sacred self-care tools and keepsakes for the healer within us all.

**Call:** 212.767.9979

**Email:** [Artistyogihart@gmail.com](mailto:Artistyogihart@gmail.com)

**Location:** Hudson Valley New York & Beyond!

### Website :

[www.ihartlens.com](http://www.ihartlens.com)

[www.artemisaudioayurveda.com](http://www.artemisaudioayurveda.com)

[www.calendly.com/ihart-drishhti-artemis](http://www.calendly.com/ihart-drishhti-artemis)

## Yoga + Wellness Experience

### SELF EMPLOYED FULL TIME YOGA INSTRUCTOR

Hudson Valley NY & beyond 2010 - Present

- Create, produce, and maintain daily/weekly 60 - 90 minute live & online hatha/vinyasa/restorative/meditation classes for All Levels.
- Facilitate Yoga and meditation workshops highlighting specific asana, pranayama, and ayurvedic practices.
- Implement *Artist Wellness Immersion Program* on the "*Brand New + Modest Mouse US Tour*" 2016
- Corporate Wellness Programs for large groups 50 - 100 + participants
- Successfully guide Yoga Teacher Trainees towards being certified 200hr + 300hr instructors and/or knowledgeable practitioners

◦ Full list of studios/venues/workshops/clients upon request

## Artist Experience

### SELF EMPLOYED PROFESSIONAL PHOTOGRAPHER

Hudson Valley New York and beyond 2005 - Present

- *Experienced Fine Art Environmental portrait and Lifestyle photographer with awareness of professional lighting, camera use, and client posing.*
- *Works closely with client and collaborators for professional and compassionate studio and on-location photoshoots*
- *Shoot, edit, and publish/exhibit images and mixed media fine art for professional use.*
- *Create curriculum and facilitate creative workshops for traveling artists*

## Skills

- Hatha Yoga form expertise
- Teaching Asana + Pranayama with safety awareness
- Vedic Sound Healing expertise
- Usui Reiki + Karuna Reiki master
- One on One instruction
- Group class instruction
- Effective lesson planning for all levels of yoga students including Teacher Trainees
- Host Yoga and Meditation Workshops and Retreats
- Own and operate wellness retreat business for artists
- Own and operate photography studio specializing in lifestyle and environmental portraits.

## Certifications

- 100HR Meditation Training - Yoga Alliance 2010
- 100HR Vedic Sound Healing - Universal Yoga Alliance 2021
- 200HR Vinyasa Yoga Training - Yoga Alliance 2010
- 200HR Hatha yoga Training - Universal Yoga Alliance 2017
- 300HR Hatha Yoga Training - Universal Yoga Alliance 2020
- Reiki Healing Master - Level I,II, Usui Reiki 2009 & Level I,II,III Karuna Reiki 2019

◦ full list of schools upon request

## Education

### BACHELOR OF FINE ARTS: FINE ART PHOTOGRAPHY

Parsons School of Design  
Manhattan, New York 2005

