

Sharmane Solomon: A Modern Alchemist of Wellness and Spirituality

Unlocking Divine Light through Yoga, Ayurveda, and Holistic Healing



New York City, New York Sep 17, 2024 ([Issuewire.com](https://www.issuewire.com)) - Sharmane Solomon, a renowned yogini and holistic health expert, is set to inspire individuals on their wellness journeys through her unique blend of yoga, Ayurveda, and spirituality. With over 20 years of experience, Sharmane is the owner of Optimal Wellness in Gilbert, Arizona, where she passionately guides clients towards achieving mind/body harmony and renewed vitality.

Sharmane, also known as Sharaka, is not only a yoga and meditation teacher but also a 200 and 300-hour yoga teacher trainer, Clinical Ayurvedic Health Practitioner, health and life coach, and international retreat leader. Her extensive background allows her to create transformative experiences that awaken the infinite and Divine light within each participant. Through her teachings, she introduces students to the “Sacred Flow” of life, integrating practices such as yoga, meditation, pranayama, Reiki, sound healing, and aromatherapy.

Graduating with a Doctor of Ayurveda from California College of Ayurvedic Medicine in 2017, Sharmane’s educational journey is marked by a commitment to holistic health. She holds numerous certifications in Ayurvedic Medicine, Mind-Body Wellness, and advanced yoga training, including Anusara Yoga Therapy. Her qualifications extend into specialized fields such as Holistic Nutrition and Pilates, showcasing her dedication to comprehensive wellness.

Sharmane’s individualized approach to patient care emphasizes the importance of addressing body, mind, and spirit. She expertly crafts personalized treatment plans that integrate a diverse array of healing modalities to meet each client’s unique needs. Her extensive training includes certifications as a Pinda Svendana Specialist, Cranial Release Technique Practitioner, and Aromatherapy Specialist, among others.

As a member of the National Ayurvedic Medical Association, the Arizona Ayurvedic Medical Association, and Yoga Alliance, Sharmane remains at the forefront of holistic health practices. She is committed to sharing her knowledge and expertise through yoga classes, workshops, teacher training programs, and international retreats that promote healing and self-discovery.

With a passion for travel and nature, Sharmane invites individuals to join her on a transformative journey towards optimal wellness. Her mission is to help others uncover their inner light and embrace their unique paths to health and happiness.

Learn More about Sharmane Solomon:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85022041-Sharmane-Solomon-Family-Practitioner> or through Optimal Wellness, <https://optimalwellnessaz.com/about/>

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