

The Art of Living

The FUEL Business Incubator's newest tenant, Sharon Murphree, offers a menu of services, all designed to help teach people the art of living more fully. Sharon would like to use those services "to serve the business world to help improve their service and offerings in a more integrated and holistic way."



Through her business, The Art of Living LLC, Sharon offers:

- Yoga therapy, which involves breathing practices for relaxation, physical practices known as yoga asana and meditation. Sharon received national Yoga Teacher Certification from an ashram in Pennsylvania last August.
- Tai Chi and Qi Gong, which are internal martial arts practices and exercises. They harness energy and increase a person's stamina, energy level, balance and relaxation. Sharon was trained by Master Chen, a Wudang Daoist master, who has judged national Tai Chi contests in China.
- Reiki, which is a relaxation technique. Sharon is a Reiki master and teacher with five years of experience.
- Naturescape and xeriscape garden design. As a Campbell County master gardener since 1995 Sharon has designed gardens using native plants that do well in our environment. In 2018, she and her husband won the City of Gillette Go Green Homeowners Garden Award for their home garden.
- Other services, including consulting with businesses who would like to promote a more inclusive environment and to celebrate cultural diversity, and offering art therapy.

"I'm very passionate about Yoga and Tai Chi and would like to share my interest and techniques with others. It benefits people's health and helps them destress in the workplace, bringing more harmony," Sharon said. "I would also love to design gardens for businesses or bring native plants into the business setting."

In addition to offering services for businesses, Sharon currently is offering group Yoga and Tai Chi classes open to individuals.

Sharon named her company after a book by Greek stoic philosopher Epictetus entitled *The Art of Living*. "I've always tried to aspire to living fully, engaging mind, body and spirit. I've always tried to live up to those principles and when I read the book, it added even more to my lifestyle," Sharon noted.

Sharon became a FUEL Business Incubator tenant in January and quickly saw benefits to being a part of the incubator.

"There is a lot of support and technical assistance and encouragement from all of the staff and other tenants. I feel very much at home, and I feel like I'm experiencing another growth spurt," Sharon said. "I feel like I can launch my dreams and they will become a reality."