



Sarah Hodges

Life and Wellness Coach, is the founder of [Innerform™](#) and [Beautiful Shame™](#).

Her passion for helping people thrive, optimize, and flourish started with her personal struggle with obesity and depression as an opera singer. After losing 90 lbs. and transforming her life, Sarah sought advanced education in biomechanics and neurology-based coaching. With this methodology, Sarah developed the Innerform A+ Method™, a four-step feedback loop designed to guide clients on their own personal path to wellness.

Contact Sarah Hodges [here](#). You may also reach her on [Facebook](#), [Twitter](#), and [Instagram](#).

