

Erin Scherger

E-RYT 200



Erin began her yoga practice at HAYC in 2005. She completed the HAYC Teacher Training Program in 2010, qualified as an Elise Browning Miller Yoga for Scoliosis Trainer in 2012, and continues to broaden her own studies.

In addition to workshops, you can find Erin teaching Yoga 1, 1-2, 2, 3, & 4, Vinyasa Flow 1 & 2 classes, and the Prenatal and Introductory Yoga short courses here at The Health Advantage Yoga Center.

Drawing on her past experiences as a competitive figure-skater and childbirth educator, Erin enjoys light-heartedly encouraging others to tune in, find their inner strength, and move mindfully.