

Erin Gahan Clark E-RYT 500

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Professional Summary:

Using all the senses through the practices of mindful alignment-based asana, meditation, yoga nidra, pranayama, altar making, chanting, and sound journey, I strive to facilitate a safe space for students to move inward. I guide sequences that move slowly and mindfully encouraging self-exploration and cultivation of body awareness. I am grateful to have been guiding yoga practices since February 2007.

Yoga Training and Education:

- The Roots of Yoga (Asheville Yoga Center August 2019)
- Amrit Institute 60-hour IAM (Integrative Amrit Method) Yoga Nidra Certification Program (Amrit Institute- Arnold MD 2018)
- Jivan Yoga 300-hour Certification Program (Baltimore Yoga Village 2014-15)
- Dhyana Yoga Vinyasa 200-hour Certification Program (Dhyana Yoga Studio 2007)
- Bikram Yoga (Bikram's Yoga College of India 2003-2005)
- Understanding Hatha Yoga (The University of the Arts 2001-2005)
- The University of the Arts (2001-2005) - Williamson Technique, Neutral Mask, Mask Characterization, and Modern Dance
- Bachelor of Fine Arts (The University of the Arts 2005)
- Insured through Nacams (Liability Insurance)

Experience:

Self Employed: Yoga Instructor

February 2007-Present
Philadelphia, PA
LaPlata, MD
Baltimore, MD
Asheville, NC

- Guide individuals in yoga asana, meditation, pranayama, yoga nidra, sound journey, chanting, preparation and integration for work with plant medicine.
- Work one on one or in small groups.

- Co-facilitate seasonal women's rest retreats which include asana, pranayama, meditation, yoga nidra, chanting, sound journey among other offerings.

YMCAWNC: Yoga Instructor

July 2018- March 2020
Asheville, NC

- Sent to Grove Street Senior center to design and guide chair yoga infused with pranayama and meditation techniques. 45-minute class, one class per week.

Veda Studios: Yoga Instructor

October 2018-March 2020
Asheville, NC

- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, yoga nidra, sound journey, pranayama and meditation. 75-minute class, 4-5 classes per week.
- Co-led weekly chanting, Introduction to Bhajans (devotional songs) and devotional song circles.
- Offered meditation workshops and Hemp Ceremonies.
- Managed Yoga Studio (management resume available upon request)

Violet Owl Wellness: Yoga Instructor

September 2018-January 2019
Asheville, NC

- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Lunch time yoga, 45-minute class, one class per week.
- Offered meditation workshops and Hemp Ceremonies.
- Work privately, one on one with clients. Design and guide sessions consisting of breath work, posture practice, meditation and hands on body work/reiki and sound healing.

Business Health Services: Yoga Instructor

March 2009-June 2018
Baltimore, MD

- Sent to various businesses and corporations to design and guide a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes range from 2-10 people. 45-minute classes. Seasonal.

Baltimore Yoga Village: Yoga Instructor

May 2010-June 2018

Baltimore, MD

- Offered workshops and pre-registered courses in yoga nidra, pranayama and meditation.
- Offered teaching module on yoga nidra for the 200-hour Yoga Teacher Training.
- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes range from 4-30 people. 60-90-minute classes, 3-4 classes per week.
- Worked privately, one on one with clients. Designed and guided sessions consisting of breath work, posture practice, meditation and hands on body work/reiki and sound healing.
- Co-led monthly Bhajans (devotional songs).
- Managed Yoga Studio 2011-2013 (management resume available upon request)

Yama Yoga Collective: Yoga Instructor

September 2016-June 2018

Baltimore, MD

- Assisted with the creation of the curriculum and teaching of the 200hr Yoga Teacher Training and 300 Advanced Yoga Teacher Training.
- Offered weekly support in class for the 200-hour level students. Led asana, yoga philosophy, pranayama, Bhakti yoga, subtle body, chair yoga and meditation modules.
- Offered physical assists in weekly classes for the public.
- Guided mindful, alignment-based asana, pranayama and meditation to Peabody college students (two semesters).
- Offered mentorship to three individuals as they worked through their internships.
- Led pranayama instructor for the 300 AYTT.

- Offered weekly yoga asana, pranayama and meditation classes to corporate clients as a representative of Yama Yoga Collective.
- Guided weekly and monthly yoga asana, pranayama, yoga nidra and meditation class in the corporate yoga portion of Yama Yoga Collective. Class held for faculty, staff and employees at Baltimore and Washington DC campuses of Johns Hopkins University and JHPIEGO.
- Offered a key note speech for staff and faculty at Johns Hopkins University on meditation, pranayama, stress reduction and the parasympathetic nervous system.

Yoga Tree: Yoga Instructor

September 2016-June 2018

Baltimore, MD

- Offered Monthly meditation and Yoga Nidra practices.
- Offered teaching modules on Yoga Nidra and Patanjali's Yoga Sutras for the 200-hour Yoga Teacher Training.
- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes ranged from 16-20 people. 75-minute class, one class per week.

Waverly YMCA: Yoga Instructor

September 2016-June 2018

Baltimore, MD

- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes ranged from 4-20 people. 75-minute class, two classes per week.

Earth Pulse Yoga: Yoga Instructor

September 2016-June 2018

Baltimore, MD

- Offered Monthly meditation and Yoga Nidra practices.

Joy Wellness Center: Yoga Instructor

March 2013- June 2018

Baltimore, MD

- Designed and guided a variety of yoga asana, yoga nidra, meditation and pranayama classes and workshops. Including chair yoga. Classes were all beginner level for low income, inner city participants. Available to sub when the need arises.
- Program Coordinator (Resume upon request)

Inline Private Training: Yoga Instructor

September 2008-March 2009

Baltimore, MD

- Worked privately, one on one with 7 clients. Designed and guided sessions consisting of breath work, posture practice, meditation and hands on body work.

Johns Hopkins-Mt. Washington Fitness: Yoga Instructor

January 2008-March 2013

Baltimore, MD

- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes ranged from 4-15 people. 75-minute class, two classes a week.

Let's Flow Yoga: Yoga Instructor

November 2008-February 2009

Baltimore, MD

- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes range from 4-20 people. 75-minute class, two classes a week.
- Led Meditation workshops

Fit Life Training Center: Yoga Instructor

June 2007-August 2007

LaPlata, MD

- Designed and guided a unique blend of mindful alignment based hatha and vinyasa yoga, infused with pranayama and meditation techniques. Classes range from 4-20 people. 75-minute class, two classes a week.

Dhyana Yoga: Yoga Instructor

December 2006-February 2007

Philadelphia, PA

- Designed and guided group meditations. 30-minute sessions, once a week.