



A B O U T

ERIN

An ex-professional dancer from London, Erin moved into the wellness industry after completing her 200hr Yoga teacher training in 2018 in Goa, India. She has since completed trainings in Ashtanga, Rocket, Yin, Mandala Vinyasa, Breathwork and meditation and teaches in studios all over London, retreats around the world and is also the founder of her own online retreat, The Gratitude Retreat – A 28 day programme consisting of daily guided meditations and journaling tasks based around the theme of gratitude, which has since expanded into events, workshops and in person retreats.

Erin creates bespoke workshops, private sessions and group classes for clients of any age or ability to help them achieve their desired outcome.





RETREATS

Erin has been working and teaching on retreats since 2020 offering Dynamic Vinyasa classes for retreat guests at the start of their day and a relaxing Yin and meditation practice to help them unwind in the evening.

And in 2023 created her own transformational retreat in Ibiza, allowing guests to recharge, reconnect and raise their vibration through yoga, meditation, breathwork and gratitude.

Erin can create bespoke sessions depending on the style of the retreats she is invited to teach on and also offers private sessions for guests at an extra fee.



Please enquire about Fees to hire Erin to teach on your yoga retreat



YOGA



These are the different styles of yoga that Erin can incorporate into bespoke sessions:

VINYASA FLOW: A dynamic yang practice where the movement is paired with the breath. Suitable for all levels.

ROCKET YOGA: A fiery, playful and challenging practice offering lots of opportunities to try inversions and slightly more advanced postures and transitions. Option to be practiced to the beat alongside Erins bespoke mixes at 70bpm, moving and breathing time to the music. Some previous experience recommended.

MANDALA: A fluid but challenging practice with a longer breath count and moving in circular motions around the mat. Starts and ends with a short Yin practice. Suitable for all levels.

YIN: Exercises the yin tissue (joints and connective tissue) rather than the yang tissue (muscles). Poses are passively held for 2-5 mins. Suitable for all levels.

4BEAT: Inspired by Rocket Yoga sequencing, this is a rhythmic practice with a 4 beat breath count synchronised to a continuous music mix to keep the student calm and steady amidst the challenge of the practice and connected to a present and meditative state.



MEDITATION

Erin specialises in guided meditation sessions that can be made bespoke to cater to the needs of the client/student/group.

Some meditation techniques Erin uses are:

Present moment awareness

Gratitude

Chakras

Elements

Visualisation

Yoga Nidra

Loving Kindness

Inner Child

These techniques can be practiced exclusively or paired with breath work bringing powerful healing to the practitioner.

Sessions can range from 15 - 60 mins



BREATHWORK



Erin is also an experienced conscious connected breath work facilitator, and can deliver sessions suitable for the group/practitioners needs. Some benefits of these sessions have said to be:

- Nervous system regulation
- Stress and anxiety relief
- Deep healing and transformation
- Emotional release
- Accessing higher states of consciousness

These techniques can be practiced exclusively or paired with Yoga and meditation bringing powerful healing to the practitioner.

Sessions can range from 45 - 60 mins



THE GRATITUDE RETREAT

WORKSHOPS

Erin is available to teach workshops usually lasting 2 hours but again can be adapted to the client/practitioner/groups needs.

She specialises in Gratitude and manifestation workshops.

An example of The Gratitude Retreat Workshop (2 hours) would be:

Heart opening Vinyasa yoga practice- 45 mins

Breath work - 30 mins

Gratitude Meditation - 15 mins

Gratitude journaling - 30 mins

Please request any other style of workshop to be made bespoke if desired.

Please enquire for prices with information on your desired service.





THE GRATITUDE RETREAT

Erin has curated these 2 wonderful workshops that can be hired and used for any occasion. Whether it be a corporate team building and well being session, or a calmer alternative for a hen do/birthday party.

Please enquire for prices

- Self Love meditation
- Self Love Journaling
- Emotional Freedom technique
- Yin Yoga
- Sound healing
- Tea/smoothies and goodie bags included

- Meditation
- Gratitude Journaling
- Yin Yoga
- Conscious connected Breathwork
- Sound healing
- Tea/smoothies and goodie bags included

SELF LOVE SATURDAY

SELF CARE SUNDAY



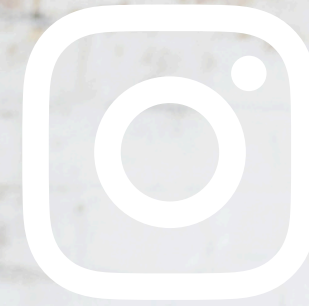
MUSIC

Erin creates her own bespoke music for her classes and can offer vinyasa and rocket yoga sessions where the practitioner moves and breathes in time to the music.

Her breathwork sessions are also done to her bespoke mixes to give a more immersive experience when practicing conscious connected breathwork.

You can find her music mixes here on soundcloud:





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@thegratituderetreat



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Please feel free to contact Erin if you have any more questions or to discuss negotiations.

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