



# ERIKA WASKO (SHE/HER)

VINYASA/PRENATAL & CPR/AED CERTIFIED  
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## OBJECTIVE

To curate an inclusive yoga practice with elements of the mysteries of the Universe, thought-provoking dharma talks, music, and magick.

## SKILLS

I believe my skillset as an active musical theater performer, choreographer, and dance instructor greatly benefit my yoga teaching by allowing me a vast awareness of movement and the body. As a musician, I feel I can cultivate enjoyable, unique classes by effortlessly integrating music with movement. As a practicing witch, I bring spiritual awareness to my classes, integrating the lunar cycles, seasons, and the energies each element brings to the Universe with traditional yogic philosophies.

## EXPERIENCE

### BACH FITNESS • AUGUST 2023 - PRESENT

offering vinyasa style yoga classes, occasionally subs HIIT style fitness class

### COREPOWER YOGA • MARCH 2022 - PRESENT

Taught 400+ classes in styles C1, C2, Yoga Sculpt, Restorative, and StrengthX (HIIT style)

### SELF-EMPLOYED ONLINE VIRTUAL CLASSES • MARCH 2021 – PRESENT

I My personal virtual yoga classes offer a vinyasa flow accompanied by thoughtful music playlists, dharma talks, and multiple modifications throughout to allow practitioners of all levels to flow

### 200 HR YTT • YOGA VIDA • GRADUATED MARCH 2021

Yoga teacher training under the instruction of Lindsay Hilscher, Erica Chen, Eileen Goddard, Cat Acquaviva, Jeffrey Villanueva, Nathan Lowry, Tracy Maltz

### 85 HR PRENATAL • CLARE RYAN • GRADUATED MAY 2021

### YIN YOGA • YOGA RENEW • CURRENTLY COMPLETING

### DANCE INSTRUCTOR/CHOREOGRAPHER • 2006 - PRESENT

Professional dance instructor and choreographer. Styles of dance taught include: ballet, jazz, tap, musical theater. I have also choreographed for multiple professional musical theater productions.

### PERFORMER • 2006 - PRESENT

AEA musical theater performer based out of NYC