



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 will 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 Pagan/Wiccan witch, I will 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

COREPOWER YOGA UES, NYC

Studio Coordinator/Teacher

200+ hours taught, offering CorePower Yoga styles C1, C2, Yoga Sculpt, CoreRestore, StrengthX. In charge of hiring/managing the SET (Studio Experience Team) members who keep the studio space organized, clean, and welcoming!

SELF EMPLOYED ONLINE VIRTUAL CLASSES

I teach witchcraft inspired vinyasa yoga classes incorporating moon cycles, astrology, and wheel of the year sabbats through thoughtful asana flows and dharma talks. I've taught upwards of 30+ hours of self-employed virtual classes, gaining a following through friends and word-of-mouth recommendations.

EDUCATION

200 HR YTT • YOGA VIDA • GRADUATED MARCH 2021

Vinyasa yoga teacher training under the instruction of Lindsay Hilscher, Erica Chen, Eileen Goddard, Cat Acquaviva, Jeffrey Villanueva, Nathan Lowry, Tracy Maltz. Teachers specialized in vinyasa, ashtanga, and prenatal.

85 HR PRENATAL • CLARE RYAN • GRADUATED MAY 2021

YIN YOGA • YOGARENEW

***IN PROGRESS**