

Erica Woodland, RYT500

Erica Woodland creates a safe, sacred space for students to explore and interact with their inner landscapes, honor their highest self, connect with their breath, and learn to listen to and honor their body so they can move mindfully on and off the mat. Her teachings include yoga philosophy, breath work, visualization, meditation, yoga nidra, chanting, drumming, and yin/restorative practices. She is an artist by trade and creates beautiful handcrafted jewelry & accessories, wall decals, and apparel. Off the mat, she enjoys drawing, drumming, chanting, art, hiking, reading, and spending time outdoors with her dog and husband connecting to 'all that is'. Erica is an RYT-500 and completed her 250 & 500 Hour Yoga Teacher Training certifications at the YogaLife Institute, as well as an additional 40 hours of specialized Yin Yoga Training. She also completed specialized training in Restorative Yoga with Judy Curiel. She is a USUI Reiki Master, a Munay-Ki Rites initiate, and continues her education in Native American studies with Shamanic Practitioner Libby Piper. Erica has a Bachelors Degree from Kutztown University with a focus in graphic design and metal smithing. Erica teaches Restorative one Friday each month.