



Erin Lazzaro, Yoga Teacher

ABOUT

Erin is the co-owner and manager of Flo Retreat Center in Uvita, Costa Rica. She's been a New York Based performer for the past 10 years as well as LMT running her own Practice 'Massage by Erin'. Most recently, she attended her 200hr YTT in 2021 and hosts retreats at Flô Retreat Center with her husband Gabe. Movement has always been her motivator in life and her dream is to be able to share her knowledge and passion with other humans who share the same spark through mindful and creative movement. During her classes she hopes to create a space where people can reconnect to themselves as well as each other through creative movement!

CONTACT

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EXTRA SKILLS

With a background as a dancer I bring creativity and body awareness to my yoga teachings, I'm well-equipped to guide students in exploring movement in a mindful and anatomically-informed way. By integrating my knowledge of anatomy and growth, I can offer a unique perspective on how to cultivate a holistic practice that nurtures both the body and the mind.

GOALS

As a yoga teacher it's my goal to share my love of exploring new types of movement through creative sequencing and enhance my student's experience by bringing joy and curiosity to their practice. By incorporating innovative sequences and different movement modalities, such as dance and animalistic flows, I challenge students to step outside their comfort zones and discover new ways to connect mind, body, and spirit on the mat (and sometimes a little bit off the mat!). This exploration not only provides a variety and novelty for my students, but also keeps me inspired to find different ways of providing a meaningful experience each time!

EDUCATION

Yoga Teacher Training - Modo Yoga International
2021 • 200hrs

Creative Sequencing - Authentic Movements
2023 • 50hrs

New York Massage Therapy License - Cortiva Institute
2013-2014 • 1000hrs

EXPERIENCE

Modo Yoga NYC - New York, NY
Yoga Instructor, 2 years

Monitoring a hot yoga room, leading a Hatha style class with alignment cues for safety and peace amidst the chaos of NYC, while ensuring a welcoming and safe environment for everyone. The focus is not only on physical poses but also on creating a sense of calm and community for practitioners.

Flo Retreat Center - Uvita, Costa Rica
Yoga Instructor/Retreat Owner, 1 year

Conducting group classes at Flo Retreat Center to facilitate community and growth through movement while enjoying and connecting to nature.

Envision Festival - Uvita, Costa Rica
Yoga Instructor, 1 year

Taught a Sound of Self Flow during the Envision Festival. Provided an encouraging and freeing environment for attendees to play, explore, and connect to their bodies and voices.

Jungle Matt - Uvita, Costa Rica
Yoga Instructor, 6 months

Conducting individual and group classes, catering to each person's needs and introducing creative styles of yoga/movement to people that are curious. Foster a sense of community and individual exploration.

Massage by Erin - New York, NY
Business Owner/Massage Therapist, 10 years

Owned and operated a private Massage Therapy business that specialized on the dancer and athlete. Treated hundreds of clients and addressed each individual's needs and provided a safe environment for people to heal.