



Erin Urton teaches Pre-natal Yoga classes at Flowing Yogi Studio.

Erin's first yoga class in 1999 launched a personal journey for her as she began to explore a number of styles of yoga and sought to incorporate its healing benefits into all aspects of her life. In 2002, she discovered ashtanga yoga and has been inspired and guided by many phenomenal teachers including Fiona Stang, Rameen Peyrow, Marc Darby and Rolf and Marci Naujokot, just to name a few! She traveled to Mysore, India to spend an amazing 3 months studying with Sri.K.Pattabhi Jois, Sharath Rangaswamy and Sarasvati Rangaswamy...an experience she is grateful for and will never forget.

She is certified through Trinity yoga and is also certified to teach Pre-Natal yoga. She's been teaching pre-natal for almost 2 years now and LOVES IT! She is also training as a doula giving her a lot to offer women in her classes.

Erin continues to seek depth in her practice and has discovered a love for teaching. She feels blessed to be a part of the Yoga Lounge community in Canmore and views her fellow teachers as mentors and her students as inspiration.

**To register and pay for Erin's classes please contact Jennifer Houghton:
403-932-6109, jennifer@flowingyogi.com**