

Erin Meyer was born in Key West Florida and grew up all over the state of California. She began practicing Yoga at age 14, approximately 25 years ago. Erin's credentials include; being a Research Assistant Professor of Biology and Psychiatry at the University of Utah. Erin earned a Bachelors of Arts degree in Creative Studies/Biology from the University of California, Santa Barbara and a Ph.D. in Pharmacology from Georgetown University in Washington D.C. She is interested in dissolving the artificial barrier between science and spirit. Erin agrees with Rolf Gates that "Yoga is the knowledge that how you are being is more important than what you are doing."