

# Erin Byron, BA, MA

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## Education

### **Vermont College of Norwich University - 2002**

*Master of Arts, Counselling Psychology (Yoga Therapy)*

Designed and implemented empirical study relating yoga to post-traumatic stress

### **YogaLife Yoga Teacher Training – 2002**

*200 & 500 hour*

Individual and group tutelage in the physical and psychological applications of yoga poses, practices, and philosophy

### **McMaster University - 1997**

*Honours Bachelor of Arts, Psychology (Specialist)*

## Employment

### **Psychotherapist – 2003-2016**

- Counsel individuals and couples on a variety of mental health issues (depression, anxiety, post-traumatic stress, eating disorders, etc.) using CBT, SFBT, mindfulness and yoga-based techniques

### **YogaLife Yoga Teacher and Meditation Teacher Trainer - 2006-Present**

- Orchestrate yoga teacher, meditation teacher, and yoga therapist training programs teaching philosophical, physical, and psychological aspects of spirituality
- Offer international retreats and training intensives on yoga therapy and lifestyle improvement
- Corporate public speaker and counselling professional development leader

### **Co-Founder, Comprehensive Yoga Therapy Training – 2010-Present**

- Design and align training components for 820-hour internationally-accredited training program
- Ensure components match/exceed IAYT standards
- Lead trainings in Brantford, ON, Devon, PA, Exeter, NH, Vienna, VA

### **Assistant Editor, Yoga Living Magazine – 2014-Present**

- Review submitted articles and edit for content, grammar, information
- Write editorials & articles
- Approve appropriate images and layout

### **Director, Welkin Wellness Centre – 2000-2015**

- Promote mental health and yoga through public speaking, publishing books, magazine, and on-line articles, and scientific study
- Provide one-on-one yoga therapy sessions covering emotional, psychological, and relationship issues including post-traumatic stress, eating disorders, addictions, depression, anxiety, and abuse
- Offer mentorship and supervision to professional counsellors, therapists, yoga teachers, meditation teachers, and yoga therapists
- Manager of program and business development

## **Memberships**

International Association of Yoga Therapists – 2010-Present

Ontario Association of Counsellors, Consultants, Psychotherapists, and Psychometrists – 2003-Present

International Society for the Study of Trauma and Dissociation – 2013–2015

## **Speaker**

(2016) Bookstore Appearance: *Yoga Therapy for Stress & Anxiety*. Barrie, ON. April 24, 2016.

(2016) *Mind Games: Playing with perception and reality in mental health*. Michelle's Yoga & Therapies, Tiny Twp, ON. April 23, 2016.

(2016) *Yoga for Trauma*. YogaLife Institute, Devon, PA. April 13, 2016.

(2016) *Comprehensive Yoga Therapist Training II: Clinical Skills, Goal-Setting, Treatment Planning, Self-Care*. YogaLife Institute, Devon, PA. April 10, 2016.

(2016) *5 Paths to Creative Freedom*. YogaLife Institute, Devon, PA. April 9, 2016.

(2016) *Mindfulness for Emotional Balance*. Yoga You, Brantford, ON. April 3, 2016.

(2016) *Yoga Therapy for Stress & Anxiety: Awareness*. AVIVA Yoga Studio, Hamilton, ON. April 1, 2016.

(2016) *Yoga Therapy for Stress & Anxiety*. Janati Yoga School, Kingston, ON. March 20, 2016.

- (2016) *Yoga Therapy for Stress & Anxiety: Work*. Montreal Symposium on Therapeutic Yoga, Montreal, QU. March 20, 2016.
- (2016) *Yoga Therapy for Stress & Anxiety: Relationships*. Montreal Symposium on Therapeutic Yoga, Montreal, QU. March 19, 2016.
- (2016) *Yoga Therapy for Stress & Anxiety: Relationships*. Jeca Yoga, Manchester, NH. March 16, 2016.
- (2016) *Open Forum with Erin Byron*. Lanta's Parlour, Northwood, NH. March 15, 2016.
- (2016) *Yoga Therapy for Stress & Anxiety: Relationships*. Peace Tree Yoga, Northwood, NH. March 15, 2016.
- (2016) *Transforming Feelings: Joy & Creativity*. YogaLife, Exeter, NH. March 11-13, 2015.
- (2016) *Yoga Therapy for Mental Health*. LOST Programme for people with depression, anxiety, and other mental health issues, AVIVA Yoga Studio, Hamilton, ON. February 25, 2016.
- (2016) Television Appearance: *Inside Brant*. Rogers TV, Brantford, ON. February 24, 2016.
- (2016) *Yoga Therapy for Stress & Anxiety: Energy*. The Natural Health Clinic & Education Centre, Simcoe, ON. February 20, 2015.
- (2016) *The Truth About Tantra* (with Peter Arcari). Yoga You, Brantford, ON. February 12, 2015.
- (2016) *Yoga Therapy for Stress & Anxiety: Energy*. Yoga Centre of Niagara, Thorold, ON. January 17, 2016.
- (2015) *Top 5 Coping Tools for Holiday Stress*. Yoga You (formerly Welkin YogaLife Institute), Brantford, ON. November 22, 2015.
- (2015) *Transforming Feelings: Shame & Forgiveness*. YogaLife, Exeter, NH. October 16-18, 2015.
- (2015) *Comprehensive Yoga Therapy Year III: In-Session Skills: Safety, Deep Listening, Energetic Boundaries, [Counter]Transference*. YogaLife Institute, Devon, PA. August 14, 15, 2015
- (2015) *4-Week Yoga for Trauma Series*. Welkin YogaLife Institute. July, 2015.

(2015) *Comprehensive Yoga Therapy I: Energetic Anatomy & Working with Challenging Personalities*. April 10-12, 2015.

(2015) *Comprehensive Yoga Therapy Training Year III: Yoga Therapy for Trauma*. YogaLife Insitute, Devon, PA. March 28-30, 2015.

(2015) *Art of Teaching Yoga Classes*. Welkin YogaLife Institute. February 4-6, 2015.

(2014) *Transforming Feelings: Shame & Forgiveness*. Welkin YogaLife Institute.

(2014) *Comprehensive Yoga Therapy I: Yoga Therapy & Mental Health*. East Meets West Yoga. Vienna, VA.

(2014) *Transforming Feelings: Boundaries & Self-Protection*. Welkin YogaLife Institute.

(2014) *4-Week Yoga for Trauma Series*. Welkin YogaLife Insitute.

(2014) *Transforming Feelings: Boundaries & Self-Protection*. Blue Moon Yoga, Exeter, NH.

(2014) Monthly Television Appearances: *Inside Brant*. Rogers TV, Brantford, ON.

(2013) *Transforming Feelings: Anxiety & Depression*. Blue Moon Yoga, Exeter, NH.

(2013) *Transforming Feelings: Anxiety & Depression*. Welkin YogaLife Institute.

(2013) Bi-Monthly Television Appearances: *Inside Brant*. Rogers TV, Brantford, ON.

(2012) *Transforming Feelings: Body Psychology*. Blue Moon Yoga, Exeter, NH. March 19-21, 2003.

(2012) *Transforming Feelings: Body Psychology*. Welkin YogaLife Institute.

(2012) Quarterly Television Appearances: *Inside Brant*. Rogers TV, Brantford, ON.

(2012) *Managing the Impacts of Client Distress*. Ontario Superior Court.

(2012) *Mindfulness Training Day for Mental Health Workers* (Expert Panel Member). Canadian Mental Health Association.

(2011-2015) *Comprehensive Yoga Therapist Training Monthly Training Weekends*. Welkin YogaLife Institute, Brantford, ON.

(2011) Bi-Annual Television Appearances: *Inside Brant*. Rogers TV, Brantford, ON.

(2011-2012) *Comprehensive Yoga Therapist Training Monthly Training Weekends*. Blue Moon Yoga. Exeter, NH.

(2010) *Body Psychology*. YogaLife Institute, Devon, PA. Oct. 15-17, 2010.

(2010-Present) *Yoga Stress Management in the Workplace*. Various Corporations.

(2009) *Pure Heart of Yoga* (with Robert Butera). Five Oaks Retreat Centre. June 24-26, 2009.

(2009-Present) *Meditation Teacher Training Weekly Seminar*. Welkin YogaLife Institute.

(2008 – Present) *Annual Employee Wellness Day*. Brant County Health Unit.

(2008) *Gems of Yoga*. Five Oaks Retreat Centre. June 23-25, 2008.

(2007) *A Yoga Retreat You Can Take Home*. Five Oaks Retreat Centre. June 22-24, 2007.

(2006-Present) *Monthly Yoga Workshops (themes include affect regulation, interpersonal relationships, burnout & overwhelm, systemic health, etc.)*. Welkin YogaLife Institute.

(2006) *Yoga Psychology*. Five Oaks Retreat Centre. June 28-29, 2006.

(2006-Present) *Monthly Yoga Teacher Training Seminar*. Welkin YogaLife Institute.

(2005-2009) *Yoga for Self-Care and Adolescent Transitions*. Once per term at Paris District High School.

(2005) *Let It Go: Nonattachment Through Yoga*. Five Oaks Retreat Centre. June 27-29, 2005.

(2004) *Yoga Tools for Stress Management*. Nanticoke Power Generation.

(2004) *Building Resilience Through Yoga*. Five Oaks Retreat Centre. June 26-28, 2004.

- (2003-2006) *Introduction to Self-Care through Yoga*. Assumption College.
- (2003) *Yoga Retreat for Daily Living*. Five Oaks Retreat Centre. June 23-25, 2003.
- (2003) *Yoga Self-Care Strategies for Clients & Counsellors*. Sexual Assault Centre of Brant.
- (2002) *Yoga Therapy for Post-Traumatic Stress*. Vermont College of Norwich University Colloquium, April 20, 2002.
- (2002) *Your Body, Your Home: Movement-Based Therapy for Trauma*. Sexual Assault Centre of Brant.
- (2002) *Yoga Psychology*. Camp Drumbo. April 23-25, 2002.
- (2002) *Your Body, Your Home: Movement-Based Therapy for Trauma*. Catholic Family Services of Peel.
- (2002) *Yoga for Grounding and Healing*. Sexual Assault/Rape Crisis Centre of Peel.
- (2002) *Yoga Self-Care Strategies for Volunteers*. Sexual Assault/Rape Crisis Centre of Peel.
- (2001) *Your Body, Your Home: Movement-Based Therapy for Trauma*. Catholic Family Services of Peel.
- (2001) *Yoga for Grounding and Healing*. Sexual Assault/Rape Crisis Centre of Peel.
- (2001) *Your Body, Your Home: Movement-Based Therapy for Trauma*. Sexual Assault/Rape Crisis Centre of Peel.
- (2001) *Yoga for Grounding and Healing*. Sexual Assault/Rape Crisis Centre of Peel.
- (2001) *Gems of Yoga: a yoga retreat you can take home* (with Robert Butera). Pendle Hill Retreat Centre. February 15-17, 2001.
- (2001) *Yoga for Grounding and Healing*. Catholic Family Services of Peel.
- (2000) *Yoga Self-Care Strategies for Clients & Counsellors*. Sexual Assault/Rape Crisis Centre of Peel.
- (2000) *Yoga for Grounding and Healing*, Sexual Assault/Rape Crisis Centre of Peel.

## Publications

*Llewellyn's Complete Book of Mindful Living: Awareness and Meditation Practices for Living*

*in the Present Moment*, Robert Butera & Erin Byron. Llewellyn Worldwide, 2016

"5 Areas Mindfulness Can Help Relieve Stress & Anxiety," *Llewellyn Journal*, 2016

"5 Yoga Tricks to Smooth Out Stressful Relationships," *Yoga Journal*, 2016

Quoted in "A Yoga Sequence to Train Your Brain to Relax," Tasha Eichenseher. *Yoga Journal*, March 2016

"Yoga Therapy for Athletics and Performance Anxiety," (with Bob Butera & Staffan Elgelid), *Yoga Digest*, 2015

"Applying What We Know: Realized Knowledge to Eliminate Stress and Anxiety," (with Bob Butera & Staffan Elgelid), *Yoga Living Magazine*, 2015

*Yoga Therapy for Stress and Anxiety: Create a Personalized Holistic Plan to Balance Your*

*Life*, Robert Butera, Erin Byron & Staffan Elgelid. Llewellyn Worldwide (Sept. 2015)

"Yoga Therapy for Athletic Performance Anxiety", Robert Butera, Erin Byron & Staffan Elgelid. *Yoga Digest*, 2015

"How Beliefs Result in Stress and Anxiety", *Yoga Living Magazine*, 2015

"Stress and Those Who Practice Yoga", *Yoga Living Magazine*, 2015

"Yoga Therapy, Defined", Staffan Elgelid & Erin Byron in *Yoga Therapy: Theory and Practice*, Ellen Horovitz & Staffan Elgelid (eds.). Routledge. 2015.

"How the Yoga Lifestyle Transforms Stress", Robert Butera & Erin Byron in *Yoga Therapy: Theory and Practice*, Ellen Horovitz & Staffan Elgelid (eds.). Routledge. 2015.

"Yoga Asana: Moving Through Trauma", *Yoga Living Magazine*, 2014

"Breathing through Trauma", *Yoga Living Magazine*, 2014

"Yoga RX" with Linda Melone. *Energy Times*, 2014.

"Steadiness and Comfort", *Yoga Living Magazine*, 2014

"Reflections of the Body", *Yoga Living Magazine*, 2014

*“The Body’s Psychology”, Yoga Living Magazine, 2013*

*The Comprehensive Yoga Therapy Handbook (with Robert Butera), 2011*