

Eryvis Halphen

GROUP FITNESS INSTRUCTOR

EDUCATION & EXPERIENCE

Eryvis brings a solid foundation to the team, having successfully completed a comprehensive 200-hour certification program. Complementing this formal training, Eryvis has accumulated two years of invaluable, hands-on practical experience in the field, demonstrating a commitment to applying theoretical knowledge in real-world scenarios.

TRAINING STYLE & PHILOSOPHY

Eryvis's teaching is grounded in informed somatic practice, weaving together modern biomechanics with ancient yogic philosophy. This framework ensures that every movement sequence is a supportive and therapeutic experience, designed to promote nervous system regulation, dramatically improve your range of motion, and facilitate deep self-exploration. She moves beyond static postures to cultivate a dynamic, mindful connection between breath, body, and mind.

