



Erin Larsen (Team Member)

Rotary District 7550 GSE Team

Biographies

Erin is 30 years old. She is a Health Counselor and Fitness Instructor, and she teaches Yoga classes. She has a Bachelor's Degree in Biology and Exercise Science from Virginia Tech. She previously lived in India for several months when she was studying yoga. She is interested in staying with Indian families in their homes, which she wasn't able to do before, and she would like to visit nutrition and exercise classes. She is interested in the ancient life science of Ayurveda, which has influenced her holistic health practice. Erin prefers a vegetarian diet.