



In addition to her signature talk named after her book, *It Doesn't Have to Work™*, Erin has facilitated webinars and workshops for academic institutions and Fortune 500 companies alike. From Stanford and Georgetown University to Salesforce, Facebook and the local Girl Scout troop, she enjoys customizing her content and message so it resonates with her audience.

## WORKSHOPS

---

### Practices Makes Posture

#### ★ Most Popular

Do you have aches, pains, or discomfort throughout the day? If so, your posture could be to blame. Often our lack of knowledge about the most basic movements in our bodies like sitting, standing, walking, or sleeping can lead to serious issues...everything from back pain to bunions!

This fun, informative and interactive workshop (or webinar) will help you optimize your posture for your body and bring relief from those nagging aches and pains. You will learn tips, tricks, and tools to increase posture awareness and find small ways to improve your alignment every day. Tune into your own body when you sit, stand, sleep, and walk. Just a small shift in something you do every day can have a significant impact in the way you feel.

**Who it's for:** Anyone! This is a great workshop for work environments because it doesn't require any special equipment. It can be done at home, in an office or in a conference room. Street-clothes friendly.

**Length:** 45-60 minutes

**Includes:** One prep call and one follow up email to participants, including custom video link to summarize key takeaways and provide additional information as needed. Contact for pricing.

### Mobility Matters

#### ★ Fan Favorite

Learn techniques of myofascial release and dynamic stretching to release tension, increase range of motion and feel better in your own body. The best part? We teach you ways to fit this type of movement into your everyday activities. This mobility session can be customized for your audience and your environment.

*\*Note: requires participants to have a set of massage balls. Alkalign can provide them for an additional fee. It's an investment that will pay health dividends for decades to come.*

**Who it's for:** Rolling is good and pleasant for most people with the exception of those with neuropathy, fibromyalgia and, in some cases, severe arthritis. However, there are many ways to modify and we can offer participants with specific needs a different tool.

**Length:** 45-60 minutes

**Includes:** One prep call and one follow up email to participants, including custom video link to summarize key takeaways and provide additional information as needed. Contact for pricing.

## Strength Training to Offset Aging

Did you know that you lose 3-8% of your muscle mass per decade after the age of 30? This impacts strength and metabolic health, and can lead to increased risk of injury.

Incorporating heavier weight lifting is not only beneficial, it's essential. However, we know the idea of lifting weights can be intimidating. Thanks to a lot of bad information and irresponsible fitness representatives, we live in fear of getting injured.

This workshop will not only teach you about the benefits of strength training, it will help you shift your mindset away from "more is more" and "it has to hurt to work" to a healthier and more balanced approach to conditioning your body for real-world situations (think lugging grocery bags, picking up a box from the porch, walking pets, carrying kids or lifting your suitcase into the overhead compartment). Erin's takes something that we often dread and makes it fun, engaging and relatable.

**Who it's for:** Anyone who wants to get stronger and is willing to lift weights. *Note: we aren't talking body builder level weights. Start with something that resembles an item you carry daily (ie: computer bag, grocery bag) and build from there. This is about slowly ramping up so you experience all the benefits with none of the risk.*

**Length:** 60 minutes

**Includes:** This is custom program by audience and available equipment. Contact for pricing.



## In-Home or In-Office Ergonomic Consultation

Are you a desk jockey feeling the effects of sitting at your desk for endless hours each day? Does your neck hurt from constantly looking down at your phone?

While learning proper posture is key, so is having the right ergonomic setup in the place where you spend the most time. A little bit of awareness and a few ergonomic adjustments will make all the difference in how you feel.

Erin will help you optimize your alignment in the places where you read, type, eat, watch tv, scroll through your phone, and even sleep. Following the assessment, she will provide a written summary of your discussion, including pictures of key alignment positions so you can remember all the valuable information that is shared during the session.

**Includes:** In-office for 45 minutes or in-home for 90 minutes consult on living, dining and desk configurations as well as sleep positions. Contact for pricing.

## Corrective Exercises for Desk Jockeys

Do you spend several hours of your day at a desk, on a computer or on your phone? Modern technology is amazing in so many ways. It is also wreaking havoc on your body. The good news is that there are simple ways to offset the impact of sitting. This workshop will teach you how to incorporate simple yet effective corrective exercises into your workday to help balance your body. Just 5 minutes a day can reduce crankiness in your hip flexors, low back, shoulders and neck muscles.

**Who it's for:** Anyone! This is a great workshop for work environments because it doesn't require any special equipment. It can be done at home, in an office or in a conference room. Street-clothes friendly.

**Length:** 45-60 minutes

**Includes:** One prep call and one follow up email to participants, including custom video link to summarize key takeaways and provide additional information as needed. Contact for pricing.

**Many of our workshops can be delivered virtually. For those that are best delivered in-person, Erin is available to travel both in the U.S. and internationally. Travel expenses to be covered by the client. Rates above include 1-hour of total commute time for local bookings. Beyond that, additional travel fees apply.**



**LEARN MORE AND CONNECT WITH ERIN.**

