



Erica Martzen

Yoga Teacher | Health and Wellness Coach | Founder of Bija Wellness

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ABOUT ME

Erica Martzen is a Yoga Teacher, Health & Wellness Coach, and founder of Bija Wellness currently residing in Phoenix, Arizona. An advocate for authenticity, Erica helps others discover their truest self and how to live in alignment with that core being through weekly yoga classes, private coaching, group programs, and wellness retreats.

EDUCATION

- **Master of Arts, 2023**
Maryland University of Integrative Health
Health & Wellness Coaching
- **200hr YTT, 2022**
Shivakali Yoga
- **200hr YTT, 2020**
108 Lotus Yoga
- **Bachelor of Arts, 2019**
Wilkes University
Political Science &
International Studies

PASSIONS & STRENGTHS

- Intentional Movement
- Health and Wellness
- Upleveling Conversation
- Learning / Traveling
- Research
- Interpersonal Skills
- Effective Communication
- Adaptability
- Optimism / Positivity
- Curiosity
- Self-Care

EXPERIENCE

- **Founder, Yoga Teacher, Health & Wellness Coach – Bija Wellness**
Jan 2021-Present / Guiding group classes, private sessions, and retreats in the styles of yin, restorative, vinyasa, and yoga nidra. Meeting with individual clients weekly to discuss motivators, strengths, goals, and develop a plan of action for long term behavior change. Subcontracting with businesses to provide these wellness services to their clients, guests and employees.
- **Wellness Center Director – Ratna Ling Retreat Center**
Mar 2022-Mar 2023 / Managing a team of ten practitioners of offering wellness treatments. Collaborating with guests prior to arrival to develop their person treatment plan. Welcoming teachers and guests for their 2-7 day stay at Ratna Ling while providing retreat support including the preparation of lodging, scheduling, meals, documents, and problem solving to best meet guest needs.
- **Protective Services Caseworker – Wayne County Children & Youth Services**
Mar 2020-Dec 2020 / Providing social services to children, youth and families in a public welfare agency to attain a more satisfactory social, economic, emotional or physical adjustment. Conduct guided interviews with clients, obtain social histories, provide comprehensive information about agency programs, determine and verify eligibility for program services, provide referral services and assist families in formulating plans to change behaviors, circumstances, etc. to provide a healthier and more productive lifestyle for their children.
- **Substitute Teacher – Minisink Valley School District**
Jan 2020-Mar 2020
- **WIC Program Assistant & Research Intern – Maternal & Family Health Services of Wilkes-Barre PA**
Jan 2019-Sep 2019 / Performing eligibility analysis for the Women, Infants, and Children (WIC) nutritional program. Perform and record hematological and anthropometric measurements. Provide food instruments and explain food list and procedures for cashing checks. Promote breastfeeding and outreach goals. Human Resources Intern hired to gather information on HR practices of other non-profit organizations to develop a comprehensive benefits package and positive work environment to attract employees.
- **University Staff – Wilkes University**
Aug 2015-May 2019 / Worked in Academic Support Services, Peer Tutor, Resident Assistant, Center for Global Education and Diversity, International Engagement Office, & Admissions Office Ambassador.