

Faces Of New Bedford #106: Erin Poyant



Meet Erin Poyant, 32-year-old Yoga Instructor and Intensive Care Coordinator. Her entire life, Erin has been drawn to working with kids and being involved in physical activities. Her first job was lifeguarding at Cathedral Camp, teaching swimming lessons, which is where she fell in love with teaching.

These different facets of her life pushed her to pursue a degree in elementary education, with a focus in art, at St. Michaels College in Vermont. After finishing school, she moved back to New Bedford, where she began teaching in an after school program – where they did apprenticeships, taught leadership skills and supported their in school education.

She then traveled the United States and went overseas where she taught English in South Korea, but after a life-changing event she moved back to New Bedford where she worked with families through Child and Family Services. It was also around this time when she was asked to teach yoga, which she had been practicing for some time at her cousin's gym.

Erin has a major connection with yoga – becoming a lifestyle for her, allowing her to be one with herself and slow down. It also helps her become connected with the community, as she teaches at several places, including Paradis-McFee Studio, Our

Sister's School, Divine Power Yoga, Union Running, Barley Wellness, and Anjali Yoga. She loves that it allows her to become a part of something that is so much larger than herself.

Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to colton@coltonsimmons.com.

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