



# ERIKA GRAY

**OWNER AND FOUNDER  
BARRE + BAY WREATH**

*“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” —Maya Angelou*

When San Diego native Erika Gray suffered her first dance-related knee surgery at age 14, she knew that she wanted to learn how to protect her body and help others do the same. “I also came to the shocking reality that my body and life needed another (safer) outlet for creativity,” she says. Years later—after immersing herself in Parisian architecture, art, fashion, history and interior design in the Pacific Northwest—Gray decided to share the feelings and essence that these elements awakened in her with others. “I knew I needed to create a space that inspired and cultivated joy, and all of the ‘feels’ that overwhelmed my soul,” says Gray, who also had been busy opening and operating two barre studios for a national franchise. In 2017, she launched Barre + Bay Wreath (which recently reopened in the Bird Rock section of La Jolla), and it’s quickly become known as the area’s first-and-only barre studio/marketplace. “We focus on creating a fiercely strong and beautiful ‘whole person’— mind, body and soul,” says Gray. “Our minimalist, bohemian-inspired wellness brand provides a space, a community, and overall healthy life practices that support and promote joy.” One of her strongest motivations? Her personal struggle as a single mother and abuse survivor. “Having experienced and overcome an abusive past,” she says, “I am dedicated to empowering women and creating a safe space for women to invest in themselves and each other—creating a space utilizing my love for design and wellness to inspire other ‘dynamic women’ every day.”

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