

Marla Ericksen

B.Sc.; ACE; Can Fit Pro FIS/PDS/MBS; RYT 500 & E-RYT 500 Yoga Alliance

Marla is a versatile and spirited presenter who thrives on entertaining, educating and empowering people through the imaginative fusion of fitness and Yoga. She accepted the prestigious Canadian Fitness Presenter of the Year award in 2002 and 2007 from the Canadian Association of Fitness Professionals. Marla is an authentic expression of her diverse and rich experience in the fields of fitness and Yoga. In the fitness realm, Marla is creatively pioneering the mind-body movement with reverence to the wisdom traditions. As a yoga teacher, her style reflects an appreciation of the principles that govern human performance while encouraging transformation through embodied presence.

As a contributing author to the recently launched Mind-Body Specialist and Group Fitness Specialist Certification Manuals for Can-Fit-Pro, she continues to champion career development for fitness professionals internationally. Marla offers therapeutic yoga, integrative fitness training and exercise rehabilitation services in a clinical environment at [Vitallife Centre for Integrative Medicine](#) in Ottawa's west end. She is on the advisory board for Can-Fit-Pro, is a professional member of IDEA and holds both RYT 500 and E-RYT 500 designations with Yoga Alliance.

Many esteemed teachers, styles of Yoga and transformative incidents have inspired Marla's personal life and career. Sarah Powers and Paul Grilley have had a significant influence on her personal practice as well the forms of Yoga she enjoys teaching – Yin Yoga, Taoist Yoga and Vinyasa Flow. Her primary interest as a teacher involves accessing and nurturing all dimensions of humanity through body-based consciousness. Marla continues to study and practice various forms of Buddhism and draws extensively from Buddhist psychology in her approach. Marla is on the faculty for Santosha's teacher training program, is the director of teacher training at Blue Bamboo Studios, and conducts intensive training in Yin Yoga internationally. Marla is a recent graduate of the acclaimed 'Mindfulness Yoga & Meditation Training' and mentorship program at Spirit Rock Meditation Center in California. Marla manages her career through Empower M.E. Lifestyles in Ottawa, CANADA and can be reached through her website at www.marlaericksen.com.