



Marsha Ellis (MA, Hons. B.A.) became a student of yoga in while she was a Graduate Student at York University as a great way to manage stress and calm the mind by moving the body. She became a Registered Yoga Teacher (RYT) in 2011 at Hot Yoga Wellness in Toronto and has been practicing and teaching yoga since then.

After moving to Grand Valley in 2012, Marsha continued to find that practicing yoga supported her throughout her pregnancies and she continued her yoga education to receive certificates in both children's yoga, pre-post natal and chair yoga. In 2017, she started her small Grand Valley Hatha Yoga because she wanted to share the health benefits and love of yoga with her family, friends and community. At first, she taught at the Grand Valley Public Library teaching community chair yoga, and kid's yoga.

And she expanded to also teaching a variety of styles that all offer unique benefits, Hatha, core and balance awareness, chair, yin yoga, pre & post natal, restorative and yoga. In March 2021, post COVID, she started running classes again in Grand Valley at the Grand Valley Community Centre. After being greatly influenced by Kristin Neff's book "Fierce Self-Compassion", she incorporated the themes of Mindful Self-Compassion. She continues to run classes in the Grand Valley Community in weekly sessions and in the summer outdoor yoga on her farm and sunrise yoga on Sundays by the river in Grand Valley.

Marsha continues to study the health benefits of yoga, in particular the neuroscience of yoga and yoga for hormonal health and wellness and is a student of Ayurveda. Looking ahead, Marsha is interested in continuing her study of yoga as a Yoga Therapist and has been accepted into the Svastha Yoga Therapy Foundations Program.

During the school year, Marsha also travels to Elementary Schools in the area teaching yoga and mindfulness programs to schools. In the summer Marsha enjoys being able to immerse with nature and practice yoga. She runs an outdoor sunrise yoga program by the Grand River in town, practicing Garden Yoga on her farm, and visiting the Luther Marsh Conservation.

When she is not teaching yoga, Marsha enjoys and is busy raising her 3 sons and 1 daughter with her husband David. She also likes helping her community when she can by offering a free community yoga to benefit the Grand Valley Foodbank, coaching Grand Valley Minor Soccer, volunteering with Little Lions Learn to Skate, and this year to start the year off with a bang—she raised money with many other brave souls for the Little Lions Annual Polar Dip fundraiser for the Grand Valley Foodbank!

If you are interested in practicing yoga in Grand Valley, or online, you can find more about Marsha's classes on Facebook and Instagram- Grand Valley Hatha Yoga.