

MARLA ERICKSEN



Canadian Association of Fitness Professionals
Delegates Choice Award – Canadian Presenter
of the Year 2002 & 2007

E-RYT 500 Yoga Alliance Registered Yoga and
Meditation Instructor

Can-Fit-Pro certified Fitness Instructor Specialist,
Mind-Body Specialist, Personal Trainer and
Program Director Specialist

Integrative Exercise Rehabilitation Specialist &
Yoga Therapy Practitioner

Director of Empower ME Yoga Studio & Teacher
Training Academy in Ottawa, Canada

Author and contributor to numerous industry
journals, certification manuals, texts and

Marla is a versatile and spirited presenter who thrives on entertaining, educating and empowering people through the imaginative fusion of fitness and Yoga. She was named Canadian Fitness Presenter of the Year twice (2002 & 2007) by her peers in 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 and meditation 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 nationwide. Marla offers therapeutic yoga and integrative fitness therapy services in a clinical environment. She is on the advisory board for Can-Fit-Pro, is a professional member of IDEA and holds a 500-level RYT & E-RYT designation 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 our 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 the owner and director of Empower ME Yoga Studio & Teacher Training Academy in Ottawa, is guest faculty for numerous Yoga trainings and conducts regular retreats and intensives internationally. Marla is a recent graduate of the

acclaimed 'Mindfulness Yoga & Meditation Training' and mentorship program at Spirit Rock Meditation Center in California. She manages her career through Empower M.E. Lifestyles based in Ottawa, CANADA.



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