

Ellen Grawe

As a young adult, I originally found my career as an elementary school teacher. I am presently a mother of two teenage children living in the Eagleville area. I first found yoga about 15 years ago after my first child was born. Towards the later end of these years, I have found yoga to be a miraculously therapeutic healing and strengthening tool. I find that moving through a yoga practice, of any type, allows me to feel more balanced, grounded, clear and peaceful. I love the inclusivity of yoga. I love that yoga can be a good fit for any person, at any physical strength, of any faith, age, etc. Continuing with my love of teaching, I gratefully and joyfully committed to my 200 hours of teacher training through YogaOne in 2017 and have found an even deeper love of this ancient philosophy of yoga. I would describe myself as a modern mystic, finding unity and meaning around all faiths. My classes are a balance of body, mind as well as spirit. Before teaching any yoga class, I “tune” into each class and create a tailor-made sequence of postures, stillness and flows, allowing a theme to permeate through the practice. I am so grateful to be a yoga teacher and I hope to pass on my love of this beautiful philosophy to others.