



Ellen Reesor opened a yoga studio in a greenhouse in the middle of her aunt and uncle's Ninth Line farm, just south of Stouffville.

STAFF PHOTO/STEVE SOMERVILLE

BUSINESS

Yoga studio on farm 'natural' decision

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Ellen Reesor has opened up a place that is very special to her to share something else that is very precious to her.

Reesor, 24, recently opened a yoga studio – Kind Yoga By Heart. She offers hatha, flow and live music yoga in a greenhouse in the middle of her aunt and uncle's Ninth Line farm, just south of Stouffville.

"Just being in nature you slow down and take a breath of fresh air. It will do them a world of good," Reesor said of her students.

When Reesor first came up with the idea of teaching yoga on the farm, she thought of holding classes in a pergola or a yurt. Then she and her uncle Jay decided to repurpose an old greenhouse.

They tore the greenhouse down to its studs, moved it and created a new floor.

The roof blocks out 80 per cent of the sun, while two of its walls are mosquito netting, which allows yoga practitioners to view the entire farm's landscape no matter the pose.

Because the greenhouse is not insulated, there will be no winter classes.

The benefits of yoga are well known — it enhances emotional and mental well-being, as well as improves overall health.

By doing it outside, symptoms of depression and anxiety decrease, as do stress levels, while mental focus improves, according to Reesor.

"We can see how deeply connected we are to the outdoors," she said.

"It goes deeper than getting a workout. They have more of an attitude of gratitude because it teaches you to live in the moment," she said of yoga practitioners who range in age from child to senior and from elite athlete to the inflexible.

Along with traditional hatha and flow classes, Reesor teaches live music classes during which a local musician provides accompaniment.

On Saturdays, Reesor holds a Reap What you Sow class at 11 a.m.

The concept is based on the idea of planting a seed of peace. Profits from these classes go to charity, such as Land Trust and Mennonite Central Committee.

Reesor attended her first yoga class with her aunt about 10 years ago. Three years ago, she completed her first teacher-training program.

Prior to opening this studio, Reesor taught at Main Street's Soul Yoga for two years. The studio abruptly closed down earlier this year.

For more information, go to www.kindyogabyheart.ca

Honda dealership to open in spring

Ground was broken on Stouffville Honda, the latest addition to the Stouffville Auto Mall, at Hwy. 48 and Millard Street, Tuesday.

The dealership will be a full-service facility and include new and used vehicle sales, as well as service and parts departments.

It will be built just south of Stouffville Hyundai. It's expected to open next spring with a staff of 20 to 25.

"We are very proud to be associated with

such a strong and respected brand," said dealer principal Kevin Pearson. "The Honda name has long been synonymous with dependability, quality and reliability. Honda is a company with considerable presence in both the region and the local community, including Honda Canada's corporate head office located only minutes from the site of our new facility."

There is room for one more dealership in the mall, which is also home to Nissan and Chrysler dealers and is across Millard Street from Stouffville Toyota.

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