



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

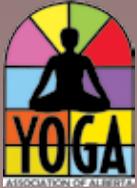
YOGA BRIDGE

CONNECTING MIND & BODY

AUTUMN 2019 VOLUME 19 ISSUE 3



AUTUMN 2019



A 2019 YAA sponsored retreat in Edmonton:

The Heart of Meditation:

*The Transformative Power of Essential Nature
with Richard Miller & Kirsten Guest
at the Providence Renewal Centre , Edmonton, AB
October 10 –16, 2019*

What awakens in us through meditation is not the result of effort. It is by grace and our ability to stay present in each moment.

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Thursday October 10, 5:30pm: Dinner followed by welcoming & orientation;
Friday October 11, 7am to Tuesday October 15, 9:30pm: Teachings/Retreat;
Wednesday October 16, 7am to 1pm: Review, closing remarks and lunch.

Fee: CAD \$1,825 (incl. taxes, accommodation & all meals)

To Register: Send cheque with full payment to:
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Or Pay @ www.yoga.ca **Or call YAA office:** (780) 427-8776; yaa@yoga.ca
Information: sielecki@hotmail.com

Please note: Payments made in non-Canadian funds by credit card only.

Richard Miller is a world-renowned spiritual teacher, author, yogic scholar, researcher and clinical psychologist who has blended the non-dual teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism with Western psychology and neuroscience. (see also www.iRest.us)

Kirsten Guest has taught iRest Yoga Nidra Meditation and the non-dual teachings for over two decades. She is passionate about helping others find a deep sense of self-acceptance and a willingness to embrace all of life’s ups and downs with a sense of ease and grace.

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YAA DONATION PROGRAM

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The YAA is a registered Charity with the Canada Revenue Agency. Contributors receive an official Income Tax Receipt for tax purposes.

HOW IS YOUR DONATION MONEY USED?

Donations fund **YAA Yoga Outreach Programs**: schools, prisons, the underprivileged, and physically, emotionally or socially challenged Albertans who do not have easy access to yoga opportunities.

Your cheque, cash or online (yoga.ca) contributions are greatly appreciated.

IT'S A WIN-WIN! THANK YOU!

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."
— Tagore

The Yoga Association of Alberta is a non-profit organization offering yoga activities to the public for the purpose of providing self-development opportunities to Albertans through its own activities and in co-operation with groups practising all recognized yoga disciplines. Support is provided to members and local groups through:

- Providing information about yoga activities in Alberta.
- Publication of a regular newsletter, Yoga Bridge.
- Promoting and maintaining high standards of yoga instruction through a teacher training and certification program.
- Organizing workshops, retreats and other activities independently and in co-operation with individuals and yoga communities throughout the province.
- Serving marginalized populations including prisons, street youth, women's shelters, seniors and rural communities through an Outreach Karma Yoga Program.

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Article Submission Deadlines: yogabridgenewsletter@telus.net

Newsletter circulation is approximately one month after deadline.

EDITOR'S THOUGHTS

Something for Everyone

by Norm Cowley, YAA Yoga Bridge Editor

The Yoga Bridge has received a lot of praise after the stunning cover on the Spring 2019 newsletter. Zuzana Benesova, (YAA Certified teacher and professional desktop publisher), has been working to upgrade the appearance of the newsletter over the last few issues.

Here are some of the comments we received after the Spring 2019 edition came out:

"I like the new look! Thanks as always for a good newsletter!!!!"

"Great work on the redesign of the Yoga Bridge. It is easy to read and the content interesting. The calendar is easy to follow. Thanks to all who worked to put this together."

"Looks amazing... ! Thank you for your loving commitment to the YAA."

"Our new Spring Yoga Bridge is beautiful! Yet the nice familiar information inside continues to provide us with the important material we always look for to keep us informed. Congratulations for making a positive change to the Bridge."

"The newsletter looks fantastic, love the cover and the layout. So clear and clean-looking. Thanks for the mention of the outreach program at Abbotsfield. I will show it to the ladies in the class. They will be happy to see their efforts recognized. Thanks to the YAA for supporting this class."

"Loved the new look of the latest issue."

"Thanks so much for sharing your newsletter, there is a lot of information that you are providing your readers, it is almost like a magazine as opposed to a newsletter. You have a great variety of information and articles throughout the document. Well done."

"The new design looks great!"

On behalf of the YAA, thank you for the great support. We think it looked great, too, so thank you Zuzana. And, hopefully, we can continue to provide the content and variety of stories that you look forward to every newsletter.

This issue also offers a wide range of topics.

The YAA received a grant from the Alberta Government to provide intensive, weekly yoga classes at the Edmonton Remand Centre under the YAA Outreach Program. Paul Yapp, a YAA Senior Teacher and creator of YogaChi, taught two 90-minute yoga classes per week to the prison inmates over the course of several months. Surveys from inmates show marked benefits.

YAA president David McAmmond reviews Matthew Remski's new book, Practice and All is Coming. Remski started out intending to write about yoga-related injuries and altered his storyline after he started to recognize "the same cult-like dynamics as in some of the groups in which he had trained."

Valerie Wasylshen, a recent graduate of the YAA's Teacher Training Program, tells us about ardhha chandrasana, Half-moon pose, for our Learning About Āsanās series.

There's an interesting article on long-time yoga teacher Ken Strachan, who received his permanent YAA Senior Teacher certification this year, written by his daughter, Megan.

Edmonton yoga teacher Neeru Prashar, who grew up in India and became an accredited yoga instructor with the Kaivalyadhama Institute (CYAI), writes about the yamas and niyamas, which we should all strive to live by.

Susan Quan tries to help us understand the subtle energy of the chakras while Jennifer Steed has become a Yoga Trapeze aficionado after a wide-ranging journey through various styles of yoga over the last few decades.

Finally, the YAA had a great turnout for the AGM in May at the Providence Renewal Centre in Edmonton. More than 70 participants enjoyed two days of yoga with Sandra Sammartino, 77, who has taught countless students in Alberta over the years and has been teaching yoga for more than 40 years.

International Yoga Day was a rain-out in June, so we have rescheduled to August 28. Hope to see you at the Alberta Legislature Band Shell at noon!!

YAA Outreach at Alberta Institutions

Yoga a significant contribution to lives of inmates

By Paul Yapp interviewed by Norm Cowley

The first time Paul Yapp visited a prison, he discovered an intimidating environment with tight security, doors electronically secured, plus guards and cameras to watch an inmate's every move.

The first three times he went to the prison alone, he was directionally challenged, going through wrong doors and getting into unfamiliar parts of the prison complex. After a few trial-and-error attempts, Yapp finally learned how to navigate his way through the multiple series of doors and corridors.

Today, Yapp is a Yoga Association of Alberta Senior Teacher who is trying to help inmates find a better path for their lives once they get out of prison. He has been teaching yoga to inmates in two concentrated 90-minute classes per week through the YAA's Outreach Program, which provides yoga programming in communities which may not be able to readily access yoga. Such hard-to-reach populations include prisons, street youth, women's shelters, seniors and rural communities.

"It is very gratifying and humbling to hear the inmates sometimes clapping in appreciation as I

leave after the class," said Yapp, who was initiated into the Outreach Program by YAA Senior Teacher Fran Wildman.

Wildman wrote about her experiences of teaching yoga in the common areas of a prison in a previous issue of the Yoga Bridge. While we're all "on the path of life with our different challenges, wounds and stresses," Wildman noticed that "the longing for stillness and peace – resting the mind and body – is the same. As we focus, the noise fades away and we move into a place of connection with our deeper selves, listening inwardly for guidance. We are no longer having a class in prison. We are doing yoga and meditation together in a community of people."

Yapp started out offering *hatha yoga*, primarily consisting of *āsanas* with some meditation, for an audience of inmates that quite often has a healthy turnover.

"This was the format of teaching," he said. "What I discovered is the older inmates were more tired and not interested in much exercise, especially when it comes to stretching. They were, however, very engaged intellectually, so I began to offer the



Paul Yapp teaching yoga to inmates

concept of mind yoga (*jñāna yoga*) to bridge into meditative yoga.

"What I am discovering is *jñāna yoga* is gaining popularity with a growing number of attendees," Yapp continued. "I delve into the definition of 'life,' 'wisdom of choice in life' and how the practice of yoga will support such 'wisdom of choice' as predicated by the *yamas* and *niyamas* (two of the eight limbs of yoga from Patañjali's *Yoga Sūtras*)."

The *yamas* are principles of conduct (moral behaviour in the outside world) while the *niyamas* are observances of those principles of conduct (our behaviour when no one is looking).

"The inmates realized at some points in their lives, intellectually speaking, that they have made wrong choices," Yapp said.

"This YAA Outreach Program is designed to accommodate *āsana*, *jñāna yoga* and *samādhi yoga*, all of which are consistent with hatha yoga and supported by the philosophy expressed within the *Yoga Sūtras*.

To further help the inmates who were voluntarily attending yoga classes, and "because we wanted the students to be motivated to stay with the program, they were invited to put their names forward to be tested once they felt they were ready," he continued. "Once they have shown they know how to instruct all of the poses, they can apply for a Confirmation of Attendance/Letter of Competence from the YAA."

In order to be eligible for a Confirmation of Attendance Letter, which they can receive upon being released from prison, the inmates might have to do a "show-and-tell" of how to perform certain *āsanas* for fellow inmates, a demonstration of how to do a sun salutation and an introductory understanding of the *Yoga Sūtras*.

"We are looking for commitment and interest in yoga," he said. "We want them to learn critical inquiry using the *Yoga Sūtras* to guide their lives once they are released. They learn to concentrate. Using critical inquiry, they consider the question 'Who Am I?' They are encouraged to memorize

the *yamas* and *niyamas*. Their mantra is 'Essential Harmlessness to Myself and Others.' "

"This YAA Yoga Outreach Program in prisons is experimental in nature," he explained. "I was delighted to be invited to contribute to the development of this program as my work life and career have always been in 'planning, research and development.' "

There are currently more than 25 inmates who have been awarded a Confirmation of Attendance Letter. The letter offers the inmates a chance to continue their study of yoga after they've been released from the institution.

Yapp said the YAA program has made significant contributions to the lives of inmates, some of whom have been incarcerated for a long time and some who will be soon released.

"Through yoga, both of these groups have a better outlook on life," he stated. "The most gratifying thing for me will be to have them come to my class after they've been released."

The YAA is grateful for several grants from the Government of Alberta (CIP) and generous donations from YAA members which allow us to offer and maintain this important Outreach Prison Program. The YAA is a registered charity and issues official tax donation receipts to all of its donors.

Paul Yapp is a YAA Senior Teacher, a martial arts Chi Gong master and Registered Massage Therapist (RMT). He is based in Edmonton but teaches all over Canada. He currently teaches private workshops with organizations and public classes at select locations.

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Practice and All is Coming

Abuse, Cult Dynamics & Healing in Yoga & Beyond

by Matthew Remski; Book Review by David McAmmond, YAA President

Note: Statements made in this review describe the book's contents only and do not reflect the opinions of the YAA. If you have read the book and have a different perspective, we welcome your comments.

Matthew Remski is a prolific and eclectic writer with abundant blogs and eight published books under his name in subjects ranging from poetry, fiction, *āyurveda* to an extensive commentary on the *Yoga Sūtras* of Patañjali.

He started intense meditation practice with a Tibetan Buddhist group around 1996, but after four years of deep involvement he felt enmeshed in a cult-like environment that compelled him to flee. He looked for solace and safety in the world of yoga *āsana*.

After years of training and teaching both yoga and *āyurveda*, he became concerned about the reports of yoga-related injuries. In 2012, Remski started research for a project he called: "WAWADIA: What Are We Actually Doing in Āsana."

As the interviews progressed, it became very apparent that what appeared to be causing the injuries was overenthusiastic students and/or teachers pushing them beyond their safe range of motion. On the other hand, injuries in yoga classes were actually less frequent than in other exercises or sports.

Nonetheless, they were perceived differently if they occurred in a yoga studio or in a gym. A person with a damaged knee from sports or in a gym workout might say, "I wrecked my knee; I wonder how long it will take to get better." The similar injury occurring in a yoga class might elicit a response such as "I came to yoga for healing. I feel betrayed."

The facts he was unveiling piqued his curiosity and the interviews became more focused on the underlying motivations for why, in a supposedly yogic endeavour, teachers were pushing students and students were pushing themselves past their safe range of motion enough to become injured.

But he was shocked when one interviewee began their session by saying "I don't think you want to hear what I have to say" She was a senior student of Pattabhi Jois, the Indian teacher and Sanskrit scholar who developed a *vinyasa* style known today as Ashtanga Yoga. She described Jois as a sexual predator, outlining in detail how he, on a daily basis, would hump her and other women while making adjustments. As the interview progressed, Remski recognized the same cult-like dynamics as in some of the groups in which he had trained. He also became aware of his own denial: at some

level, he had been already aware of unbecoming behaviours, but he had been filtering them out of his reality.

As more women, mainly students of Jois, came forward, a constant pattern of physical and sexual abuse emerged in that group. Matthew conducted more than 100 interviews revealing that many other students in Jois's classes had seen what was happening. They were confused, had excuses – "It wasn't really like that," "He didn't mean it that way," "That didn't happen. But when it did, he was doing it on purpose."

The women who spoke up were silenced by the group. Matthew learned to listen. It was no longer just about physical injury. It was now about denial, trauma, deception and the power dynamics common in cults from which he had fled a decade before.

Matthew makes note of how he, and most other followers in his earlier meditation group, tolerated abuse and social dysfunction because they were deceived into believing that despite those behaviours, the teachings they were receiving were the precious truth about human life passed down in an unadulterated form from ancient sages. In an insane way, they rationalized that the abuses were the price that paved their way towards enlightenment.

The focus of Remski's research shifted one more time and it culminated with the publication of his latest book: "*Practice and All is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond*" in 2019. The first part of the title reproduces a favourite saying of Pattabhi Jois based loosely on a phrase from the Bhagavad Gita.

In the first sections of the book, Matthew describes how he had to overcome his own beliefs and fears to accept that such behaviours were happening in his beloved world of yoga. Opening to all he had heard, he proceeds by documenting a couple of representative interviews. Besides describing the survivors' stories, he also delves into the group dynamics which allowed such behaviours to take place. Transcripts of many other interviews are included in an appendix towards the end of the book.

In Part Three and Part Four of the book, he describes how cults attract and keep their members. He then meticulously enumerates and scrutinizes the mythology on which the Ashtanga tradition has been founded and the resulting unspoken rules that practitioners are expected to follow. Remski concludes that the Ashtanga community follows the pattern of a cult culture.

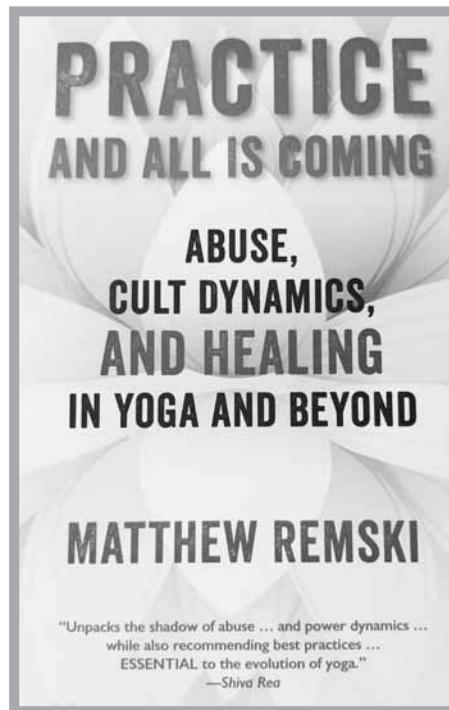
The primary focus for the remainder of the book is no longer in specific cases of abuse, deceptions or the silencing of whistleblowers. Instead, Remski turns his attention to identifying specific criteria which could make one vulnerable for cult recruitment. He provides questions to ask, behaviour patterns and language to watch which may indicate one is already involved with what he refers to as a "high demand group."

This book is certainly NOT an easy read for many reasons. But it may be a useful wake-up call for those of us who have an unconditional and romantic view of yoga as a healing practice. It certainly demystifies the Ashtanga Yoga tradition and brings to light the many cover-up stories that have protected its reputation for decades. It also alerts us of the very real possibility of similar dynamics in other spiritually oriented groups.

But as many popular sayings remind us: let us "not throw out the baby with the bath water." Use your critical thinking when you choose a teacher and a community; stay aware; continue your practice and, as the Bhagavad Gita foretold long ago, "a lot will come."

Although the book is clearly centred on the Ashtanga yoga tradition of Pattabhi Jois, Remski views it as a case study illustrating what may be going on under the surface in other yoga and meditation traditions.

*YAA president David McAmmond is an internationally recognized senior teacher with nearly 50 years of meditation & yoga experience. David, who lives in Calgary, studied Therapeutic Yoga in India and teaches extensively in Canada and abroad. He is also the author of a book, *Yoga Therapy for Backs: A Practical Guide*. His website is yogainfo.ca*



Ardha Chandrasana

An Energizing and Exhilarating Pose

by Valerie Wasylishen

Note: Please review the YAA editorial board & disclaimer policy on page 4. If this pose is new to you or you have existing injuries, work with a YAA certified teacher or see a medical professional if you have any concerns. yoga.ca has a list of YAA certified teachers.

Just to be clear, *ardha chandrasana* is the Sanskrit name for Half-Moon Pose, but that hasn't always been the case.

Not only was the Sanskrit term *ardha chandrasana* used to represent other postures at one time, but Half-Moon Pose has also had a different Sanskrit name in certain lineages.

It wasn't until B.K.S. Iyengar described it in his book, *Light on Yoga*, in 1966 that *ardha chandrasana* became the accepted modern name for the *āsana* (posture) despite the English translations of *ardha* (half) and *chandra* (moon).

This *āsana* has been a favourite of mine for a long time. It gives a feeling of confidence and accomplishment, both mentally and physically, as well as a sensation of lightness – almost as if you are floating. It is surprisingly attainable, as well, if you are able to trust in yourself and the pose, not to mention paying close attention to your body with each movement.

It is recommended that students attempting the pose for the first time

should have a partner/spotter. It may be useful to have a block in front of you to place your hands if the floor is too far away.

For me, the most natural way to teach the pose is stand sideways to the wall. Bending both knees, place your hands on a block placed at least one foot ahead of your toes. Slowly raise your hips up into the air, lifting the outside leg behind you, and straighten the supporting knee as much as you can. For safety reasons, when learning the pose, be aware of the contact of your shoulder and hip with the wall or support.

Raise your back leg straight out behind you until it is, ideally, parallel to the trunk and hip. Straighten both knees. Start to turn your torso by lifting and opening the outside hip and bringing

the bottom sitting bone under you, so you are now facing outward as much as it feels comfortable to do so while leaning your back lightly against the support. Be sure that your bottom foot and knee do not turn under you as you turn your body; the opening must happen at the hip joint. When you feel steady and balanced, you may wish to try lifting your outside hand off the floor to rest on your top hip. Your bottom hand stays on the floor (or block) lightly for balance, but most of



Donalee Campbell in *ardha chandrāsana*

your weight should stay back on the supporting leg, so the knee and hip stay directly in line above the ankle. Finally, you may be able to bring your top shoulder back to the support and raise your hand toward the ceiling or sky and straighten that arm. Your gaze is straight ahead, away from the wall behind you. Stay in this position and take a few relaxed breaths.

You can come out of the pose by slowly turning to face the floor again while lowering the back leg and bringing it to the floor. Stand up slowly and, when ready, turn around to face the other direction to repeat the *āsana* on your other side. With some practice, you may be able to move away from the wall and hold the posture without support, balancing freely.

A good way to warm up and learn the hip lifting action is to first do the pose on the hands and knees, lifting one leg straight behind and then turning the hip open, keeping the foot directly behind. Another variation uses a sturdy chair. Facing the chair, which is braced firmly on a yoga mat, grip the side edges of the seat with each hand, keeping your arms straight. Lift and straighten one leg behind you. Turn your top hip open as far as it will go comfortably, keeping the bottom foot and knee pointing forward, and the lifted foot directly behind you. Hold and breathe for a few seconds, then repeat on the other side.

Another way to get into *ardha chandrāsana* is through *virbhadrāsana II* (warrior 2), *utthita parśvakoṅāsana* (extended side angle) or *trikoṅāsana* (triangle pose). With the front knee bent, take a small step in with your back leg and place one hand down on a block, forward of the foot as noted before, keeping the back hand on the top hip. Straighten the bottom leg as you lift the back leg, again keeping the bottom toes and knee from turning inwards, and the weight on the leg. Bring the top shoulder back towards the wall before lifting the arm. In this variation the pelvis and torso are already turned, so the pose may be more accessible through the hips, although it may be harder to balance with only one hand down to start. Again start with the back against a wall and a block under the hand before trying without support.

Of course, Half-moon pose should be avoided if anyone has medical issues, is very weak or has injured wrists or carpal tunnel syndrome, not to mention hip problems (or a hip replacement) as the body's weight is just on one leg in the full version of the pose. Very tight hamstrings would also make it difficult or impossible to do the full pose right away. However, you could stop at any stage, keeping both hands on the floor or not even raising the leg off the floor at all, but just moving it as far back as possible.

To loosen up tight hamstrings and hips, students can first lie supine and do Legs-up-the-Wall pose, adjusting their distance from the wall to modify the hamstring stretch. For another gentle stretch on the floor without the wall, raise one straight leg as high as it's comfortable to do so. Loop a belt or strap around the ball of that foot for support. Lower when desired and repeat with the other leg.

As well, a modified standing Downward Facing Dog pose against a wall also help with hips and hamstring flexibility. Stand a foot or two from a wall and reach arms overhead, shoulder-width apart. Straighten the arms and bend forward from the hips to place hands fairly high on the wall. With straight legs, keep arms and spine as much in line as possible and shuffle the feet back while sliding the hands down the wall until the desired stretch is reached.

Many people experience *ardha chandrasana* as an energizing and exhilarating *āsana*. It helps with balance and hip mobility, but also strengthens the wrist, ankle and leg muscles. It is said to give confidence and, no doubt, a feeling of accomplishment. Probably the most important benefit of this *āsana* is that it requires moment-to-moment attention and concentration.

I hope other students of yoga will find this pose as enjoyable and beneficial as I do.

Valerie Wasylishen is a recent graduate of the YAA's Teacher Training Program and a student of YAA Senior Teacher Karen Hamdon. Valerie has been committed to the practice of yoga in Halifax and Edmonton since the 1990s.

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WITH ROSEMARY JEANES ANTZE

October 18-20, 2019



Our yoga is often interrupted -- how can we understand why and then take the next step? The Yoga Sutras both describe such obstacles, the antarayas, and offer a number of different actions. In this workshop we will examine Patanjali's teachings and explore solutions, through chanting, translation, commentary, and practices which bring theory into experience, applicable to daily life.



- Fee: \$260 YAA members (+\$30 non-members)
- Fri 6-8 pm; Sat 9am-noon; 1:30-3:30 pm; Sun 8:30-11:30am
- Riverdale Community Hall, 9231-100 Avenue, Edmonton
- Information: Marcia 780-436-3767; Rosemary anaama-yoga.ca
- Register: YAA 780-427-8776 or online at yoga.ca
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Rosemary Jeanes Antze, international senior teacher and trainer, who is recognized by the Krishnamacharya Yoga Mandiram, Chennai, India and who has over 40 years of experience studying and teaching in this lineage.

Workshop in the Lineage of Desikachar
with YAA SENIOR CERTIFIED TEACHERS
Barb Hagen • Marcia Langenberg • Bev Moore

- **September 28, 2019**
- **9-1 pm**
- **Percy Page Centre, Room 8**
- **\$60 YAA members; (+\$30 non-members)**
- **Information: Marcia 780-436-3767**
- **Register: YAA 780-427-8776**



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Blueprints of a Yogi

Ken's Journey Began after Reading a Book

by Megan Strachan

The afternoon sun seeped through the defenceless windows of the overworked minibus. The members of our yoga group moved in unison with the bumps and cracks in the road. Like shoes on the floor of a sticky movie theatre aisle, the skin on my shoulder suctioned on and off of the yoga instructor's arm next to me.

"Look there," said the instructor, Ken Strachan, infringing on the lethargic mood. "That bridge was just starting to be built when I was here 20 years ago."

Ken's finger drew our attention to the Mandovi Bridge, the third largest cable-stayed bridge in India. "I can't believe they are still building it," he said. With perseverance, the men worked away at the bridge.

Twenty years earlier, when the bridge was starting its construction, Ken was building his career as a yogi. Of course, his journey didn't start on the soft sands of Goa. As a young man living in the quiet city of Grand Prairie, there wasn't much for Ken to do but read.

The start of his yoga blueprints were designed from the pages of *Autobiography of a Yogi*, a book about Paramahansa Yogananda's journey from childhood to becoming a monk and teaching *kriyā yoga* meditation.

Ken began his own yoga practice the second the last page had been flipped. Eagerly, Ken would rush home from work and join

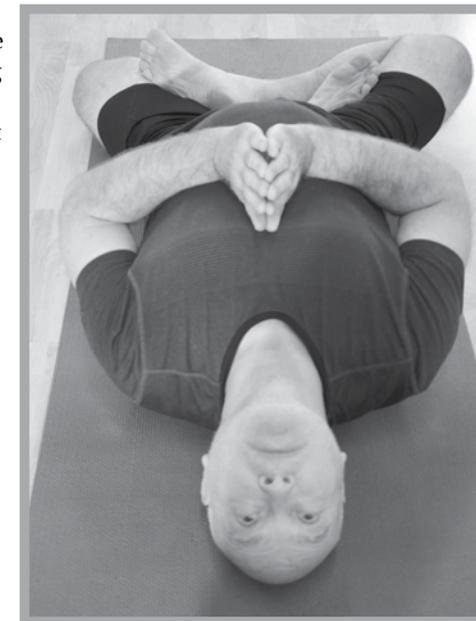
Lilias Folan's class through a small, pixelated television screen.

He continued to build on his practice until a workplace incident slipped the discs in his back. Doing as the doctor prescribed, each night Ken slept on the hard floor. Unable to sleep one night, Ken flicked through the channels on his television. Blue light pulsed on his face until a woman with silver fine hair stared at him through the glass-filled cells. Then, in flawless slow motion, she moved into a perfect headstand. What a way to celebrate her 100th birthday. A warm shudder flushed through Ken's body. He was inspired to really start healing himself through yoga.

After two years of restoring his back, Ken moved to Edmonton. He immediately focused on finding a yoga class to attend regularly. At this time, Friedel Khattab was one of very few instructors in

Edmonton. Her drill sergeant tendencies pushed Ken to his limits and filled him with perseverance. In 1978, Friedel reached out and handed him a letter-sized sheet of paper. The bold letters protruding from the page: "Ken Strachan Certified Yoga Instructor." Later in life, Ken stood proud at her memorial, reminiscing over the everlasting friendship he had developed with his first mentor and guru.

Soon after becoming certified, Ken attended a workshop with Swami Sivananda from the Yasodhara Ashram in British Columbia. One by one the participants





were asked to enter a room filled with random items and remember as many of them as they could. Ken walked into the room and the door shut behind him. 60, 59, 58, 57 ... with one minute to look at the items in the room, Ken was overwhelmed

and over stimulated. 25, 24, 23, 22 ... Ken glanced around the room noticing a needle, a travel guide to India and a debit card. 4, 3, 2, 1 ... time's up. From what he could recall, Swami Sivananda interpreted that the debit card would support his way to India, the guide would lead him and the needle would remove any obstacles in his way. Ken prayed that Sivananda's interpretation was right.

In 1983, the seeds of Iyengar yoga were planted in Edmonton. The Edmonton Iyengar Yoga Association established its roots and began sprouting. Ken attended a workshop with Jean Bosworth on the Iyengar method and was personally asked to attend weekly classes with a group of yoga teachers, including Liz McLeod. It was an exciting time for the city, and even more so for Ken as he was applying to attend classes at the Ramamani Iyengar Memorial Yoga Institute in Pune, India.

Finally, Swami Sivananda's predictions

came true. Ken was accepted, hopped on a flight and headed for India. That same year Ken first landed in India was the year the Mandovi Bridge's foundation slipped and collapsed. Ken watched as the men worked hard to restore what had already been built. The bridge's beams were grounded in place, ready to support a stronger road ahead.

After attending classes in India for two months, Ken was selected to attend a three-week yoga intensive with Geeta Iyengar, B.K.S.'s daughter. During one class, the students were distracted by faint steps walking towards the room. Ken's pupils expanded from the light rays beaming off of B.K.S. Iyengar as he walked into the room. Iyengar's presence encapsulated the room with peace. Each student's awareness and focus levels heightened as he took over Geeta's class. Ken knew he was in the presence of divinity.

Each experience after meeting Iyengar assured Ken that he was where he was meant to be. At the Sivananda-Vedanta Dhanvanthari Ashram, Ken woke at dawn to practice meditation and *āsanas* in the jungles of southern India. As the morning haze lifted, Ken moved into *simhāsana*, lion's pose. On a small island earshot away, lions roared in unison with his *āsana*, vibrating the stillness in the morning air.

The end of Ken's enlightening journey in 1989 took him to Bangkok and Chang Mai, where he was certified in Thai Massage. This certification instilled him with the confidence to adjust students in poses, balance their energy and allow them to begin to heal.

All of Ken's experiences paved the road for his connections in the Edmonton yoga community. After returning home, he opened a yoga information booth at the Fringe Festival, brought in many international teachers like Richard Miller, Father Joe Pereira and David William, and led biannual yoga retreats in Nordegg, Alberta.



It wasn't until 2001 that Ken finally opened his own yoga studio and started Ashtanga practices in Edmonton. To this day, Ken guides aspiring yogis through their journey and certifies instructors. He continues to travel abroad with yoga groups to India, Mexico and Costa Rica.

"When Dona Holleman turned 65, I remember her saying that she noticed her age made no difference to her practice - 'Age has not slowed me down,' " my father mentioned to me six years after he pointed out the Mandovi Bridge to us in India. Like the bridge, passing time only enforced him with more strength.

Ken, 66, officially received his permanent Senior Teacher certification through the Yoga Association of Alberta in 2019. The same year, the Mandovi Bridge permanently stood, guiding and supporting others on their journey.

Megan Strachan attends regular classes at The Edmonton Yoga Studio and has almost completed her teacher training hours. She feels honoured to have trained alongside her father and looks forward to receiving her certification as a yoga instructor.

The YAA presents

The Feminine Face of Yoga

w/ Anne Douglas

June 6 10am - 5:30 pm - June 7: 10am - 4pm
Riverdale Hall, 9231 - 100 Ave. NW Edm.
\$260 or \$290 non-memb (incl. membership)
yaa@yoga.ca 780-427-8776 www.yoga.ca

Explore the pre-historical, feminine roots of yoga and integrate the masculine Classical teachings with an embodied, intuitive approach connected to nature. Gentle movement, *pranayama*, iRest Yoga Nidra and meditation will awaken the potent feminine as celebrated in ancient texts.

Anne Douglas has taught yoga and meditation internationally for over 30 years and is a certified LAYT therapist. She is the past Director of Trainers for the iRest Institute and creator of the "iRest Daily" meditation program, which has over three million listeners on the Simple Habit app. Her enthusiasm, compassion, humour and wisdom infuse her teaching.

What is YogaChi?

YogaChi includes Physical, Intellectual and Meditative Quests in Life:

- **Physical Quest:** Attain a youthful physique, achieved primarily through practising a fusion of Yoga, TaiChi and ChiGong exercises.
- **Intellectual Quest:** The entry point to achieve the "Physical Quest" and the "Meditative Quest" is through the Intellectual Quest (*Jnana* Yoga).
- **Meditative Quest:** An in depth discussion of "Who am I?" The different kinds of meditations for different reasons in terms of reflection, contemplation and visualization. What is the end point of meditation?

September 21,
2019
**Hatha Yoga &
YogaChi
with Paul Yapp
Percy Page Centre,
Edmonton
Room # 8, \$40;
10-3 pm**

**Paul Yapp EET, B.Sc., BA, RMT, YAA Certified, Tai Chi Teacher, Founder YogaChi
Registered Massage Therapist; Member NHPC
780 288 3388; paulyapp@yahoo.ca
yogachicanada.com**

Integrative Chakra Therapy (ICT)

Curiosity led to investigating subtle energy of chakras

by Susan Quan

Why have I always been drawn to yoga, energy and healing?

The question compelled me to investigate subtle energy and healing to further enhance my integration of yoga. In turn, it led me to Integrative Chakra Therapy (ICT).

My studies in ICT with its founder, Dr. Richard Jelusich of San Diego, were recently completed after 2-1/2 years. He is an ordained minister, author, professor, engineer and scientist presenting the metaphysics of mind-body-spirit in a way that is easy to understand.

Dr. Jelusich is the lead faculty and board chair of the California Institute of Human Science (CIHS, 1). It is a graduate school and research institute that investigates the mind-body-spirit of the “whole human being” and verifies subtle energy under controlled scientific conditions. CIHS is in collaboration with Dr. Deepak Chopra and the Chopra Foundation’s ISHAR (Integrated Studies Health Archive & Research).

Integrative Chakra Therapy comes from the perspective that we grow in our spiritual development by working with the subtle energy of the *chakras*. Dr. Jelusich views *chakras* not merely as energy centres, but actual centres of consciousness from which we view and operate in the world.

The usual frame of reference for most people is the physical world. It is the world of tangible objects that can be seen, felt and experienced physically. In our minds, they are known through the five senses.

However, the body is affected by stimuli both on the physical level and on a subtle energetic one. Why does our hair stand on end when our physical senses do not detect anything askew? How do we know the extent of our personal space and back up

when a stranger is too close? How is it that we act on hunches or say “my gut feeling” and then take a certain action? Why do people say they feel so good and calm after a long *śavāsana*, *nadi shodhana* or simply noticing the breath?

The world of energy is invisible to most people just like the different colours of sunlight until they pass through a prism. Energy is very subtle, malleable, responsive and dynamic. Everyone and everything is an interconnected matrix of energy. It is affected by the state of mind, yoga postures, *prānāyāma* (yogic breathing modalities), meditation and our various relationships.

Subtle energy is the underlying thread that weaves together both esoteric inner yoga (*āyurveda*) and healing. The ancient yogis and sages worked with the subtle energetics. Think about the line drawing of the energy pathways of the yogi seated in lotus pose or why the *Yoga Sūtras* of Patañjali focused on calming the movements of the mind while being in a comfortable seated yoga posture? The energy system, *nadis* (the energetic channel network), *chakras* and the major energy channels are discussed in the *Hatha Yoga Pradīpikā* 2. It even mentions: “In Japan, researchers have a *chakra* machine 3, which can actually measure the energy wavelength in each *chakra*.” 4 Indeed, changes in the different subtle fields (called *koshas* in yoga and *āyurveda*) occur when the *chakras* are addressed.

The ICT program, which is based on different spiritual perspectives and cultures, nature, the cosmos and many branches of science, is taught through classroom lectures, compulsory workshops held every three months and on-going practicums throughout the year. The format of the workshops and practicums are energy-balancing

healing sessions that are done with fellow students and volunteers from the public.

(Here’s a video link of people working with another person’s subtle energy: [youtube.com/watch?v=PZpRP1FV0IE](https://www.youtube.com/watch?v=PZpRP1FV0IE).)

A yoga practitioner who is comfortable with a meditative, quiet and an inner-focused predisposition is on a good road towards developing their sensitivity. Dr. Jelusich says that 95-percent of all communication is not verbal or physical, but energetic. It’s like when your dog knows you are not having a good day or that you’re not feeling well. Changes in the volunteer’s overall energy on the physical, mental, emotional and spiritual levels, as well as the condition of the *chakras*, are sensed. It is not a physical touch like massage or chiropractic.

We also develop a greater understanding of the energetics of the vibratory power of sound through sacred words, mantras and thoughts. The power of thought is illustrated in Kirlian photographs (see page 22 this issue).

Often, the life situation of the volunteer is understood. For example, if the volunteer is frustrated, impatient, angry or stressed, restorative or yin yoga could help promote surrender, grounding or calming of the body and mind, along with suggestions derived from yoga (*prānāyāma*, *āsana*, meditation) and *āyurveda*, the spiritual science of life, to counter-balance the existing “hot” qualities.

The application of subtle energy to yoga, *āyurveda* and healing is limitless. ICT is no different than the processing, reflection and integration that occurs during yoga teacher training. It indicates that the eight limbs of yoga naturally extend to healing and energy and that yoga, healing and energy are not separate from one another, but different facets of one precious brilliant gem.

How can you tell if ICT is working? There are many signposts unique to each person. They can be simple everyday things like a quieter mind, seeing things from broader perspectives, intuition is “on” a lot of the time and a better understanding of relationships with oneself and others.

These insights helped me answer my original question. In order to do energy work or have a calm mental field, one must be in a grounded, detached, observing way. This is similar to the experience in restorative yoga positions, simple vinyasa, meditation or being with breath.

It’s like being in the zone, where one has surrendered, open and receptive in this way of being. This is where the insights come from and where healing occurs because the fluctuations of the mind have become quiet. The movements are still there, but they do not command any attention.

For me, union of body, mind and spirit is the essence of healing and wholeness.

References and notes:

- 1 CIHS was founded by the late Dr. Hiroshi Motoyama of Japan. He was an adept yogi, Shinto priest, scientist, inventor and scholar. He was Dr. Jelusich’s mentor and spiritual teacher. Dr. Motoyama wrote many articles and more than 50 books, among them: *Theories of Chakras*, *Bridge to Higher Consciousness*; *Awakening of the Chakras and Emancipation*; *Varieties of Mystical Experience I*, *Path to Self-Realization*; *Karma and Reincarnation*; and *Measurements of Ki Energy, Diagnosis & Treatment: Treatment Principle of Oriental Medicine from an Electrophysiological Viewpoint*
- 2 Swami Vishnu-devananda, founder of International Sivananada Yoga Vedanata Centers. (1987). *Commentary on Hatha Yoga Pradīpika*, the classic guide for the advanced practice of hatha yoga (kundalinī yoga), as written down in the 17th century from ancient sources by Yogi Swatmarama. New York, New York: OM Lotus Publishing Company. (Reprinted from the 1893 edition containing the commentary Jyotsna of Brahmananda). [
- 3 The AMI (Apparatus for Meridian Identification) invented by Dr. Motoyama in 1971. Note: *Nadis* and meridians are counterparts.
- 4 Excerpt from the above referenced *Hatha Yoga Pradīpika*, page 94.

Susan Quan is a YAA Senior Teacher, yoga and *āyurveda* educator and subtle energy balancing facilitator. Her email address: wingd@telus.net

YAA CODE OF ETHICS

The YAA views its activities as promoting increased public knowledge and availability of yoga. All individuals in the association are encouraged to participate in these activities in an atmosphere of cooperation. The Code of Ethics as adopted at the 1979 annual meeting of the Association is:

- To treat others with dignity, respect and consideration of their circumstances
- To act in such a manner so as to maintain and honour the traditions of yoga
- To study, practice and expand the knowledge of yoga
- To improve the standards of yoga within the community



GUIDELINES FOR YAA CERTIFIED TEACHERS BASED ON THE ABOVE CODE OF ETHICS

- Teachers agree to adhere to the Code of Ethics and these Guidelines with their YAA Certification and recertification. Failure to abide by these Guidelines may result in revocation of YAA Certification and membership, in accordance with the YAA Policies on Harassment and Abuse, Conflict of Interest, Dispute Resolution and Appeals.
- Teachers support the YAA in carrying out its Mission, Goals and Role of the Association.
- Teachers adhere to the policies of the YAA.
- Teachers provide accurate information regarding their credentials and training.
- Teachers deepen their knowledge, keep up to date with new developments in yoga and maintain and improve their teaching skills. This is a requirement for both receiving recertification and for maintaining Permanent Certification.
- Teachers adhere to traditional yoga principles as written in the yamas and niyamas and refrain from making any comment, gesture, or contact that is likely to cause offence or humiliation.
- Teachers conduct themselves in a professional and conscientious manner, follow all local and national laws that pertain to their yoga teaching and business, and act with ethical and financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga, acknowledge the limitations of their skills and scope of practice, and where appropriate, refer them to other teachers, suitable practitioners, or to the YAA office.
- Teachers do their best to create & maintain a safe, clean and comfortable environment for yoga practice.
- Teachers inform students of their personal yoga philosophy and style, practice tolerance and acceptance of the views of others, and encourage critical thinking and self-inquiry within their students.
- Teachers do not malign other yoga professionals.
- Teachers respect the rights, dignity and privacy of all students, and are respectful, compassionate and truthful with all practitioners of yoga – fellow students and teachers alike.
- Teachers avoid words and actions that constitute sexual harassment or harassment based on other legally protected characteristics.
- Teachers encourage diversity and do not discriminate against students based upon their race, religion, nationality, gender, sexual preference, age or physical ability (except in the interests of providing a yoga class suitable to the student's needs).
- Teachers practice some form of karma yoga (selfless service) based upon their skills.

GUIDELINES FOR YAA MEMBERS BASED ON THE ABOVE CODE OF ETHICS

- Members of the YAA should be aware of the Code of Ethics and Guidelines, published in the *Yoga Bridge*.
- Members of the YAA should adhere to the Code of Ethics on an honour basis.
- Members are aware of and support the Mission, Goals and Role of the YAA.
- Members adhere to the policies of the YAA.
- Members may convey suggestions, input or ideas in writing to the YAA for consideration by the Executive.
- Members with specific concerns regarding the conduct of a YAA certified teacher can convey these specifics in writing to the YAA Executive.
- Members interested in becoming teachers should become familiar with the YAA Teacher Training Syllabus.

SAVE THE DATES: YAA EVENTS

FREE Yoga at AB Legislature

August 28, 2019. The YAA will host "Yoga in the Park" in celebration of International Yoga Day. FREE YOGA w/ YAA Certified Senior Teacher Karen Hamdon and music by Debbie Spence. Weather permitting. Bring a mat, water bottle and sunscreen. No registration required.

YAA-TTP Classes

2019: Sep 14, Nov 16, Dec 7. 2020: Jan 18, Feb 15, Apr 18, May 23, Jun 20, Sep 26, Nov 14, Dec 12. Ad p. 25. Mentor with highly qualified YAA Certified Senior teachers. Learn at your own pace, tailor to your schedule with no up-front lump-sum payments. Start anytime! Teachers welcome!

Deepening Our Practice w/ David McAmmond

2019: Sept 27-29, Nov 29-Dec 1. 2020: Jan 24-26, Feb 28-Mar 1. Ad p. 28. Learn from this internationally respected teacher. Try one retreat....you will feel nurtured by & connected to the Alberta yoga community.

Teaching Skills Workshop

2019: October 4-6. 2020: Mar 20-22, Oct 23-25. Ad p. 25. Students & teachers welcome. Learn the art of teaching yoga with YAA Senior Certified teachers.

Body, Mind and Breath w/ Barb Hagen,

Marcia Langenberg and Bev Moore

September 28, 2019. Ad p. 14. Workshop taught by YAA Senior Teachers in the tradition of T.K.V. Desikachar. Students & teachers welcome.

iRest w/ Richard Miller and Kirsten Guest

October 9 & 10-16, 2019 Ad p. 2 A life-transformative week with an incredible teacher, Richard Miller (USA), at the The Heart of Meditation Live-In Retreat. Not to be missed and you won't be disappointed.

Rosemary Jeanes Antze Workshop

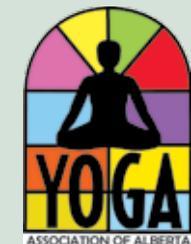
October 18-20, 2019, Ad p. 14. With over 40 years of teaching, training, wisdom and experience, Rosemary Jeanes Antze teaches from the Desikachar lineage.

Meditation and Hatha Yoga w/ Kavindu & McAmmond

August 19-23, 2020. Learn the Art of Mindfulness and spend five days on retreat, refining this important life-changing practice....the moment to moment embracing of life as it is.

The Feminine Face of Yoga Workshop

June 6-7, 2020. Ad p. 17. Gentle movement, prānāyāma, iRest Yoga Nidra and meditation will awaken the potent feminine as celebrated in ancient texts.



REGISTER: 780-427-8776 OR YOGA.CA

Father Joe Pereira

Kripa Foundation Iyengar Yoga Training

An opportunity not to be missed! This intense yet rewarding practice is based on the early teachings of BKS Iyengar as shared with Fr. Joe over a lifetime.

You will Learn:

- Poses from the Kripa Foundation Iyengar Yoga curriculum
- Poses customized to the body for ease and effectiveness
- Intelligent use of props to support long holds
- The psycho spiritual dimension inherent in our practice
- The role of the 'faith factor' in healing and recovery

October 4th-6th 2019
211-5403 Crowchild Trail NW
403.265.6295
\$165.00+gst



www.theyogastudiocalgary.com

Pain Care Management and Yoga Workshop

With Neil Pearson

PT, MSc(RHBS), BA-BPHE, C-IAYT, ERYT500

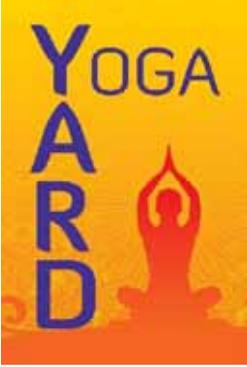
Pain is one of the most common reasons for individuals to seek assistance from medical, therapeutic, and yoga practitioners. This Pain Care Yoga Workshop integrates western pain care and therapeutic yoga, enhancing the benefits of both, and assisting people in pain towards less pain, greater ease of movement, and better health.

*This Workshop is open to Yoga Teachers and Therapists, Teacher Trainees, and Healthcare Professionals

November 8th - 10th 2019
211-5403 Crowchild Trail NW
403.265.6295
\$450+gst



www.theyogastudiocalgary.com
www.paincareu.com



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Y.A.R.D. Society

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At the Yoga YARD, we believe yoga is for EVERY BODY. We offer a wide range of classes in a welcoming atmosphere with highly skilled and caring instructors.

Kirlian Photos of the Human Biofield of the Fingertips of the Left Hand

(Continued from page 19) The background colors in the photos show the person's overall state of consciousness or biofield. The blue color is spiritual while the yellow shows greater embodiment of spiritual light. Fig 2 is taken six years after Fig 1.

The Power of Thought: In Fig. 1 starting from the right side of the top arching line are four photos of the index, middle, ring and pinky fingertips that look like rings of light with mottled centers. The top arch is less bright – it is the person remembering how she felt before taking an intuitive development course. The bottom brighter, more intense arch of fingertips is her thinking of how she felt after taking it. These photos were taken only a few minutes apart.

Spiritual Practices and Their Application Do Work! In Fig. 2 photos of the same fingertips of the same person after 6 years of intense spiritual practices, including yoga nidra, meditation, contemplation and Integrative Chakra Therapy. The photo of the top arch was taken first upon arrival of the person into the room. The bottom photo was taken minutes after drinking a Bach Flower Essence formulated specifically for her. The colors and intensity of the biofield in the top arch is very similar to the bottom arch.

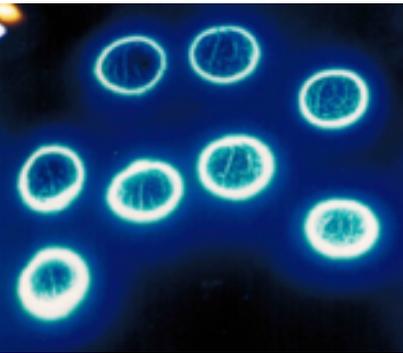
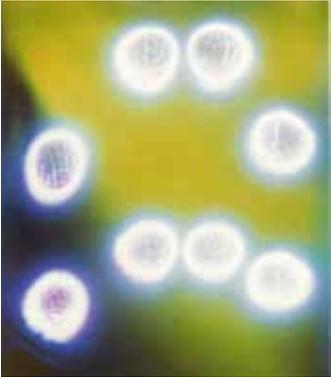



Fig.1

Fig.2

Lots of Class Variety

- Hatha
- Yin
- Flow
- Gentle
- Power
- Kundalini

Highly experienced teachers including YAA Senior and Intermediate levels & YACEP and YA E-RYT

Workshops This Fall (2019)

AQUARIAN SADHANA
Sept 15
5 - 7 am

SANSKRIT MANTRA
Sep 22, Oct 27, Dec 15
1 - 4 pm

YOGA FOR MENOPAUSE & HORMONE IMBALANCE
Nov 2
2 - 5 pm

AYURVEDIC YOGA
Oct 5/6

Advanced Skills and Teacher Training

Fulfill YAA TTP hours, receive continuing education hours, take your yoga practice to a deeper level. Study with Senior Teachers, Ann Waschuk and Paula Carnegie Fehr.

Sept 21, Oct 26, Dec 14, 2019

9 am - 4 pm
\$80 (\$100 within 2 weeks of training date)



YOGA ASSOCIATION OF ALBERTA: TEACHER TRAINING PROGRAM



Start Anytime » Plan Your Own Study Schedule » Pay As You Go

PROGRAM

Higher Standards of Training

- Start with a 300 hour program with standards that exceed the industry norm.
- Get credit for weekly *asana* classes close to home.
- Access specialized workshops with acclaimed International Teachers.
- Expand your skills through quality teacher training classes & teaching skills workshops.
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- Aspire to excellence with certification at 500-, 600-, and 800-hr levels.

Individual Learning Program

- Plan your own schedule to fit your lifestyle.
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- Pay-as-you-go with no large initial investment.
- Pursue your own specialty and focus.
- Create personal learning plan.
- Develop your own teaching style.



Apprenticeship Style Mentorship

- Study with qualified and experienced Senior Teachers.
- Find the hatha yoga style or lineage that best fits you.
- Choose your own personal mentor.

Professional Recognition

- Yoga Alliance registered School RYS200.
- Gain recognition by professional health industry standards.
- Save money with discounts on insurance rates.
- Continue life-long learning with worldwide upgrading opportunities.
- Join a co-operative community of mutual inspiration and peer support.
- Achieve respect and acknowledgement with Intermediate and Senior Teacher Status.

Equivalency Certification

- Receive individualized assessment and advanced credit for previous training.
- Obtain YAA Certification for equivalent training from other Teacher Training programs.



SCHEDULE

Classes

9:30 am-3 pm, Riverdale Community Hall, 9231-100 Ave., Edmonton, \$60
All teachers, teachers in training welcome. Register: 780-427-8776 or yoga.ca

- Sep 14 , 2019** **Class #6:** Hip Openers & Forward Bends, Niyamas, Svadhisthana Chakra, Pelvis & Lumbar Spine Anatomy, Pre- and Post-Natal Issues, *Ujjayi*; *Teddy Hyndman*
- Nov 16 , 2019** **Class #7:** Balancing, Asana, Class Planning & Sequencing, Review Nadis, *Nadi Sodhana*, *Melanie Checknita*
- Dec 7 , 2019** **Class #8:** Standing Twists, Seated Twists, Bhagavad Gita: History & Intro, Karma Yoga, Review of year one pranayama, Bring a plan to teach one *pranayama* to beginners; *Karen Hamdon*
- Jan 18, 2020** **Class #9:** Core; *Pranayama (Sutras 2.49 – 2.53) / Manipura Chakra / Uddhiyana Bandha / Anatomy of Breath & Core; Vrtti Pranayama*; David Wilson.
- Feb 15, 2020** **Class #10:** Backbends; *Pratyahara (Sutras 2.54-2.55) Emotion, Body, Breath, Mind / Bhakti Yoga / Anahata Chakra / Thoracic Spine & Shoulder Anatomy; Surya Bheda/ Chandra Bheda*; Judi Mirus.
- Apr 18, 2020** **Class #11:** Arm Balances; Meditation, *Samyama (Sutras Pada 3): Dharana / Dhyana/ Mindfulness / Raja Yoga / Arm & Hand Alignment & Anatomy; Anuloma / Pratiloma*; David McAmmond.
- May 23, 2020** **Class #12:** Inversions A & Maha Mudra; *Mantra & Yantra / Tantra / Visuddha & Ajna Chakras / Jnana Yoga /Jalandhara Bandha (review all Bandhas) / Cervical Spine Anatomy; Viloma / Bhramari*; Donalee Campbell.
- Jun 20, 2020** **Class #13:** Supine / Restorative; *Samadhi / Samskaras / Sutras (Pada 4) / Relaxation Response; Kumbhaka*; Melanie Checknita.
- Sep 26, 2020** **Class #14:** Headstands and related Inversions; *Bhagavad Gita: Themes / Sahasrara Chakra / Skull Anatomy (review Cervical); Kapalabhati / Bhastrika*; Teddy Hyndman.

Teaching Skills Workshops

Fri 7-9pm; Sat 9am-5pm; Sun 9am-3pm; Classical Yoga Centre, 11906-129 Ave., Edmonton, \$225
Register: 780-427-8776 or yoga.ca

- Oct 4-6, 2019** Fall Teaching Skills Workshop, *Mary LeBlanc*
- Mar 20-22, 2020** Spring Teaching Skills Workshop, *Beth McCann*
- Oct 23-25, 2020** Fall Teaching Skills Workshop, *Karen Hamdon*

TTP Cancellation Policy: Students may transfer one pre-paid Saturday TTP class payment to a future Saturday TTP class **one time** without penalty, after which the usual 20% cancellation fee of \$12 will apply to missed classes. The YAA's standard Cancellation Policy applies to Teaching Skills Workshops (see page 47 *Yoga Bridge*).

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Registered Yoga School

Upcoming Workshops



Teaching Yoga to Children
Teacher Training
w/Rita Maltais
Sep 27 - 29



Thailand Yoga and
Meditation Retreat*
w/Anne Douglas and
Julie Seibt
Jan 8 - 15

*International workshop



30 Hour Hatha Training
w/ JGerda Krebs
One Sun. a month
Begins Oct 6



Pain Care
Teacher Training*
w/ Tianne Allan
Jan 31 - Feb 5



Yin Yoga Teacher
Training & Yin and
Meditation Retreat*
w/Marla Ericksen
Nov. 7-8 / Nov. 9-10



Hormone Yoga
Therapy for Women
w/Connie McNally
April 17-18

200 Hour Hatha
Yoga Teacher Training
Begins March, 2020.

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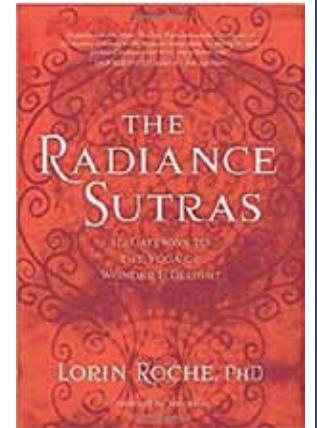
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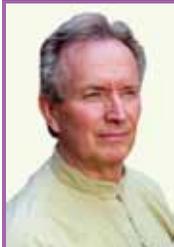
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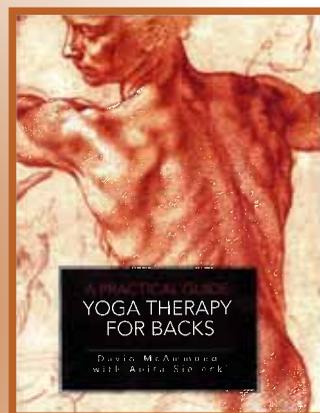
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“Yoga Therapy for Backs is a generous gift to all of us. Now the wisdom, experience and love of my 2 radiant teachers is available at my fingertips! So to speak..... ;)” K.H. Edmonton

Yamas and Niyamas

Quintessential in the path of yoga

By Neeru Prashar

The sharp rise in yoga’s popularity and demand in the modern world has come at a high cost.

While the ancient wisdom of yoga continues to exist due to its benefits, yoga’s rapid expansion into the lives of millions of people has also led to confusion and misinterpretation in the practice.

Let’s first comprehend the actual meaning of the word. “Yoga” is etymologically derived from the root “*yujir*,” which means union or yoking of *atman* (individual consciousness) and *paramatma* (universal consciousness). One more meaning mentioned by the authority of Sanskrit Grammarian, Panini and Patañjali yoga *darshana* is *samādhi* (*yujir samādhau*) – a state of mind with supreme valid knowledge where the *vrittis* (whirlpool of our countless thoughts) is at the attenuated state and the *citta* (mind) is in an unsullied condition.

Yoga is believed to be close to a 5,000-year-old practice, but its history goes back more than 10,000 years with its teachings transmitted by an uninterrupted chain of gurus to their disciples. Many ancient texts like Vedas, Upanishads and the Bhagavad Gita have presented the yogic thoughts in their own unique ways. In Bhagavad Gita, the primary written text lauded as Yoga *Shastra*, Bhagwan Krishna removes Arjuna’s *vishada* or misery by teaching him yoga. Yoga is a way of living with awareness for all the crises human beings face in their day-to-day lives. He describes yoga as “*yogaḥ karmasu kauśalam*” – Yoga is skill in action, “*samatvañ yoga ucyate*” – Yoga is equilibrium, “*yoga-sthaḥ kuru karmāni*” – remaining in yoga do all the actions.

All the ancient texts have emphasized that “mind” is the cause of bondage and freedom, “*mana eva manushyanam karanam bandha-mokshayoh.*” This means that all our thoughts, emotions and actions backed by this ignorance lead to misery and bondage, but if we train our mind and concentrate our thoughts to a place of singular focus on an object or concept, it can lead to freedom. Even if the goal is not fully attained, the controlled mind can help a person lead a healthy and happier life.



When the mind is free from the thoughts of worldly possessions and negative emotions, the mind becomes pure and can focus on its true nature.

Control of the mind can mean more than just a focus on *āsana*. One verse of the Yoga Vasistha says, “Even if one sits in the lotus pose (*padma āsana*) holding the hands in the prayer position, how can one attain *samādhi* if the mind is restless.”

Bringing the mind to a calm or controlled state by emphasizing discipline in life is an important component of yoga. With gradual disciplined practise, when the mind becomes free from all the negative thoughts/emotions like anger, passion, jealousy and hatred, yoga becomes a means to rise above one’s limitations.

Around 2,500 years ago, Patañjali systematically described the Ashtanga Yoga/eight-limbed path – *yama*, *niyama*, *āsana*, *prānāyāma*, *pratyāhāra*, *dhāranā*, *dhyāna*, *samādhi* – as one way to develop self-awareness (*Sūtras* 28 through 55 in Pada II, or the second chapter, of the *Yoga Sūtras*). This approach will lead the sincere aspirant to *samādhi* – a state of mind where there is supreme valid knowledge free from *citta vrittis*.

The first seven limbs are the means to achieve the final eighth limb, *samādhi*. In this process, the first two limbs – *yamas* and *niyamas* – hold a very important place. *Yamas* and *niyamas* describe the ways an aspirant can shape his/her mental attitudes or behavioural patterns to facilitate progress along the path to *samādhi*. According to Patañjali, every *vikshepa* (distraction) which causes a disturbance in the body and breath has its root in *citta/mind* (“*dukha daurmanasyāngam ejayatva śvāsa praśvāsā viksepa saha bhuvaha*” - I:31). A refined knowledge of the *yamas* and *niyamas* is just as important as a refined knowledge of *āsana*, *prānāyāma* and *bandhas*, which are typically the focus of more advanced practices in western yoga.

The *yamas* are – *ahimsā* (non-violence), *satyama* (truthfulness), *asteya* (non-stealing), *brahmacharya* (control of sexual activities) and *aparigraha* (non-

possessiveness). Among the *yamas*, non-violence is the basis of all other practices and is considered to be the highest *dharma*. Here, non-violence does not merely include the tendency to kill/harm somebody at the physical level, but also encompasses this tendency at all three levels of word, thought and action.

Due to such importance, even *Hatha Yoga Pradīpikā*, one of the major texts of hatha yoga, mentions *ahimsā* as one of the important aspects.

The *niyamas* are *shaucha* (purity of both mind and body), *santoshā* (contentment), *tapas* (self-discipline), *svādhyāya* /mantra *japa* (chanting/studying of literature that would help in self-realization) and *ishvara pranidhāna* (surrender to God principle).

The last three *niyamas* – *tapas*, *svādhyāya* and *ishvara pranidhāna* – are included in the *Kriyā* Yoga (yoga of action) as one’s *nitya karma* (everyday ritual) to purify the mind. *Ishvara pranidhāna* or surrender/devotion to the will of God’s principle, one of the most important *niyamas*, is also mentioned in Bhagavad Gita, with Krishna emphasizing that all our actions should be performed as an offering to the lord. This would lead us to inculcate the *niyama* of *santoshā* or contentment, ultimately leading us towards peace of mind with a feeling of gratitude towards the *ishvara* (God).

These *yamas* and *niyamas* can be compared to the roots of a tree which enables its growth and expansion. That is why they are called the Great Vows or *mahā vratas* by Patañjali. They have to be followed everywhere, at all times, irrespective of caste, colour, creed and nationality. The aim of these *vratas* (behaviour) are to progressively cultivate *vairāgya* (dispassion) and *viveka* (discrimination). They can be referred to as the

dos and don’ts for a *sādhaka* (a spiritual aspirant) forming an ethical code of conduct.

Even for an average person, these psycho-physiological attitudes are important to lead a happy and healthy life since they are not merely philosophy, but a way of life which refines one’s relationship with society and oneself. In the beginning, they sound impossible and difficult, but when such behaviour is adopted through regular practice, it gradually makes new neural pathways in the brain which help the individual get rid of old behavioural patterns.

This trains the autonomic nervous system in such a way that any sensory inputs don’t affect the individual, thereby helping create new habits. This approach is very important, even if a person takes up yoga for therapeutic reasons.

Swami Kuvlayananda emphasized how correct psychological attitudes have a high significance in Yoga Therapy – “one’s attitude towards things in general and towards one’s circumstances in life have an important bearing, direct or indirect, on the genesis of not only psychosomatic and chronic, metabolic or other disorders, but also the infectious ones” in his book, *Yogic Therapy - Its basic principles and methods.*”

When the mind is free from the thoughts of worldly possessions and negative emotions, the mind becomes pure and can focus on its true nature.

Apart from Patañjali yoga *darshana*, these psychological attitudes have also been referred in *āyurveda* as “*sadavritta*,” the moral, ethical, behavioural code of conduct to be followed by an individual to lead a healthy life. Some other texts like Yogayajnavalkya and Hatha yoga of Charandas include 10 *yamas* and 10 *niyamas*, some of them being compassion, sincerity, forgiveness, fortitude, moderation in diet, generosity, chanting of mantra, *tapas* and *santoshā*.

One of the verses of Yoga Vashistha says: “Contentment is the supreme gain, *satsanga* is the best companion, the spirit of inquiry itself is the greatest wisdom and self-control is supreme happiness.”

Swami Kuvlayanada explained how “the conscious emotional conflicts can be tackled by *yamas* and *niyamas* and unconscious emotional conflict by *āsana* and *prānāyāma*.” An aspiring yogi practising yoga without incorporating *yamas* and *niyamas* in their daily life would only be able to get the physical benefits.

Yoga is a discipline not just for the human body, but human being as a whole. The best way for an aspirant to progress in yoga is to live these *yamas* and *niyamas*.

Neeru Prashar is an accredited yoga instructor with the Kaivalyadhama Institute (CYAI) in India. Neeru also has certification in “Āyurvēda for Yoga Teachers” and continues to learn yoga and Vedanta with her teachers on a regular basis. She will be teaching an Integrated Yoga & Āyurvēda Retreat with Dr. Dhara Shah (MD, Āyurvēda) Sept. 20-22 at Winfield.

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Yoga Trapeze

Practising in hammock-like device a 'game-changer'

By Jennifer Steed

My practice has been an on-going laboratory of change and challenge since I attended yoga classes in my childhood.

As a newly graduated Registered Massage Therapist in my 20s, a traditional-style teacher (Fatha Taylor, then 60 years young) helped me stay well while working on patients in my Vancouver clinic.

Upon returning to my hometown of Nelson, B.C., I was under the tutelage of the B.K.S. Iyengar-trained Karuna (Carol) Erickson. The Ashtanga vinyasa system caught my interest and dedication when I moved into my 30s and I've since ventured into numerous avenues of study, teaching, training teachers, leading workshops and retreats. The Himalayan Tradition of Yoga and Meditation, which provides an integration of physical and subtle body (spiritual) approaches, has been a thread throughout the years, too, and more recently opened up in my studies again.

Becoming a mom at age 40, my body and mind shifted away from vigorous, often-injurious and hard yoga practices. During the last 20 years, I've transitioned towards a deep love of restorative yoga, therapeutic Hatha Yoga and, now, Yoga Trapeze.

Over the years, I noticed some predictable and frustrating patterns of chronic injury with mat yoga. Although partly related to hyper-mobility, not all of these injuries were directly connected to this propensity to be "loosey-goosey," as physiotherapists call it. I loved the way my muscles felt – long yet strong, toned and stable yet mobile – but I was frequently challenged by shoulder, SI joint and hamstring issues. I'm not saying that mat yoga failed me, but sometimes, it came down to simply

not practising as consistently or intelligently as I could have and those challenging areas persisted.

I was attracted to Yoga Trapeze the first time I saw it online. I knew that mobilizing the spine and, more importantly, inverting the body is big medicine. I've read many times that the "Fountain of Youth" lies in the inverted postures of yoga for those people who can safely do them. Some physiological benefits include new or refreshed blood flow to the head, reduced gravitational pressure upon the internal organs, increased space between the spinal discs, and mobilization of the often stiff areas of the spine and limbs.

I found a Yoga Trapeze and installed it in our kitchen from a large structural beam. My daughter spent 80% of her waking hours in it. I found that it was fun, safe and easy to use and clearly therapeutic for my circumstances. That was 10 years ago.

Last year, I began to see many new ways to build balanced core strength, as well as upper body and grip strength, while maintaining my mobility. I was also able to balance those strength aspects while also embracing the rejuvenating effects of inversions.

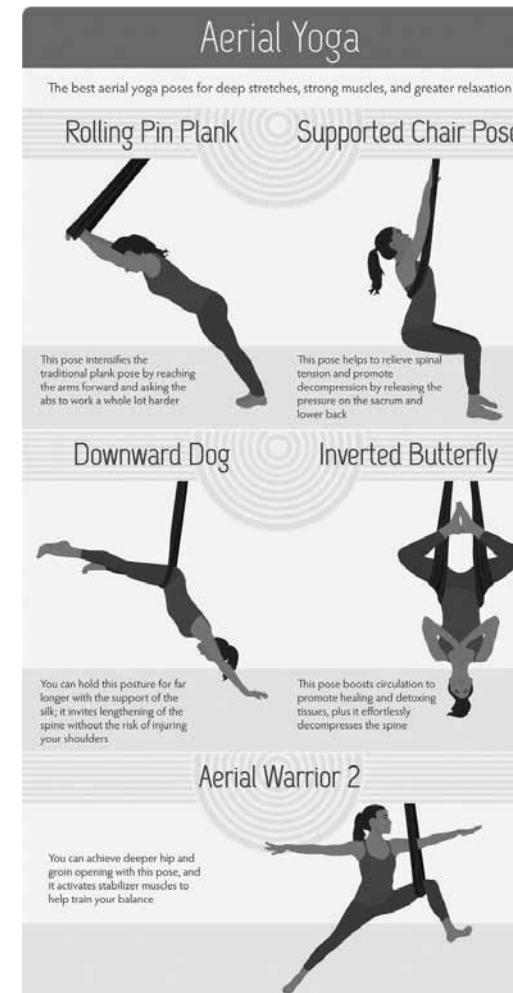
Ten weeks of online training with YOGABODY Yoga Trapeze founder Lucas Rockwood and I was hooked. That led to a lot of practice on my own and, of course, an in-person immersion in Spain with Lucas and his team.

Yoga Trapeze has been a real game-changer for me physically and it has reinvigorated my love of all things yoga while exploring creative ways to reach more people who may not make it to the mat. I find the deep relaxation/ *śavāsana* practice is a nurturing and even primal return to a womb-like rest. Think of a hammock.

An attractive element is the non-weight bearing aspect on the wrists and arms.

YOGA TRAPEZE HISTORY

Iyengar, who was renowned for his brilliant and practical use of ropes, supports, props and equipment, is seen in various photos and books utilizing slings to suspend and extend the body and support passive backbends. Using supports and props can help open up a whole new array of postures and intelligent alignment, giving rise to a safe, satisfying and sustainable practice at any age or stage in life.



These simple tools allow us to practice new and different poses, or the ones that don't come so easily, in ways that are enjoyable and create healthier movement patterns, joint stability and sufficient mobility.

Rockwood discovered inverted slings in 2004 while living and teaching yoga in Thailand. An advanced practitioner with an "engineer-like" mind, he set out to develop and perfect the present model, taking him deep into research and development over a three-year period.

The Yoga Trapeze is now utilized in homes, studios and fitness centres in 81 countries worldwide and the YOGABODY trainings are held in numerous countries. The sling, with a three-handled strap, apparatus holds up to 300 pounds of weight. It enables participants to enjoy total body resistance (TRX) training as well as many classic postures adapted for the trapeze.

MAT YOGA VERSUS YOGA TRAPEZE

A yoga practice can help create balance and improve overall health, including but not limited to muscular strength, mobility, cardiovascular health, respiratory health, nervous system balance, circulation and general fitness. It offers many opportunities to push and hold, but rarely encourages pulling.

Functional strength training must include pushing, holding and pulling. These actions have almost all but disappeared from the daily life of an office worker who sits a lot.

Although students new to Yoga Trapeze are attracted to the benefits of the supported inversions and liberated movements, they quickly learn that strengthening principal muscle groups through pulling begins to balance their bodies, leading to fewer injuries, improved posture, enhanced upper body strength and resilience in daily life. Another big "win" is the gradual and sustained development of core muscle strength, which can enhance a yogi's mat yoga practice.

The benefits of Yoga Trapeze-supported passive inversions and backbends are numerous. Clinical trial results from studying the benefits of inversion tables or chairs have recorded:

- Instant traction on the spine,
 - Relief of back pain and sciatica,
 - Core strength development,
 - Deeper backbends and more open shoulders, and
 - Functional upper body and fully body strength development.
- Inversion therapy can also:
- Increase range of motion, particularly flexion and extension,
 - Reduce herniated disc pain for injuries that are classified as slight to mild (Stage 1),
 - Add 1-2 mm of space between L4/L5 and L5/S1 vertebrae.

- Alleviate lumbar lordosis, and
- Reduce or calm activity in spinal muscles (measured in EMG).

Jennifer Steed is a RYT-500 (Yoga Alliance), RMT, MBSR for teens teacher, Yoga Trapeze trainer and graduate of the Institute of Integrative Nutrition. Jennifer teaches restorative and vinyasa classes at Shanti Yoga Studio and Yoga Trapeze classes at Welling Centre in Edmonton. For more information, contact Jennifer at 780-964-8003.

INSURANCE FOR YOGA TEACHERS

Our world can be very unpredictable. Although we may not be able to control it, insurance can offer yoga instructors peace of mind knowing that they are protected.

Because our society is becoming increasingly more litigious, regardless of whether or not the claim has any merit, it's more important than ever to have the right coverage in place.

As a benefit to its member teachers, The Yoga Association of Alberta (YAA) has negotiated an excellent premium with the help of its new broker, Adam, at Toole Peet & Co. Ltd. He and his team are knowledgeable, conscientious and personable. Toole Peet has partnered with AllSport Insurance to create an insurance program specifically designed to meet the needs of yoga instructors. The program includes a commercial general liability policy (with a choice of limits), which provides coverage for payments and expenses that instructors may be legally liable to pay. This includes payments for third-party bodily injury or property damage, personal and advertising injury, as well as an additional limit for medical expenses for an injury that may occur to a third party because of a teacher's instruction. There is also optional

coverage for business property being used for yoga practices.

An important element of the commercial general liability policy is that it also includes coverage for defence costs in a lawsuit. It provides coverage for the necessary costs incurred to investigate and settle a claim regardless of whether or not an instructor is found legally liable for that action. This protects instructors against frivolous and unmerited lawsuits, which could be a big financial burden without the proper insurance in place.

A simple, quick and easy online application form for all YAA certified teachers can be found on the YAA website (<http://www.yoga.ca/insurance>). Non-YAA certified teachers who are YAA members may also apply and qualify for insurance in many cases. After the application has been processed, the instructor will receive a copy of the insurance summary, which acts as proof of insurance and is often required by an employer.

For further information about the program, contact Toole Peet: Lindsay Wills 403-209-5461 lwills@toolepeet.com or Adam Thomson 403-209-5447 athomson@toolepeet.com. You can also apply online at yoga.ca/certification/insurance-2. Or call the YAA 780-427-8776 for further information.

BOASTING ABOUT BOLSTERS

The YAA sells hand-made, uniquely designed, made in Alberta bolsters that can be used in many ways to support a personal yoga practice or for classroom use.

The highly functional zipper-free, oval-shaped bolster stays in place securely instead of rolling away, which can be a problem when using



round-style bolsters. As well, when lying on the bolster, the body can naturally mould around its oval shape, allowing for a gentle, even stretch.

The bolsters have two covers: a sturdy inner cover of muslin and an outer washable cover made of a variety of sturdy, washable twill fabrics.



Each bolster has a sturdy handle making it easy to pick up. The inclusion of a stabilizing inner core keeps the stuffing in place even after years of use and also adds a comfortable, therapeutic firmness to the bolster.

These bolsters can be purchased from the YAA office: 780-427-8776 or pay online at yoga.ca.

- medium: 9" x 28" \$68.00
(15 or more \$65 each)
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(15 or more \$72 each)
- small, travel: 6" x 22" \$46.00



CALENDAR ALBERTA

Upcoming Events

Aug 28 YAA E FREE NOON YOGA w/ Karen Hamdon and music by Debbie Spence (YAA Cert). Weather permitting. 12-1pm. All levels welcome. Bring your mat, sunscreen and a water bottle. No registration required. Celebrating International Yoga Day. AB Legislature BandShell. yaa@yoga.ca Ad p. 36.**

SEPTEMBER, 2019

Sep YAA YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.

Sep 2019-Apr 2020 E 200-Hour Hatha Yoga Teacher Training w/ Melanie Checknita. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.**

Sep-Dec E Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom dates TBA: <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p.14.

Sep 2 E Free Yoga Day. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca

Sep 2 E Open House at Yoga for Today. 8:30am-3:30pm. Complimentary classes. 780-416-4211; info@yogafortoday.ca; yogafortoday.ca

Sep 3-8 E Yoga for Food Week. Complementary classes in exchange for food donation. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 4-6 E Student Intensive w/ Frema Bram. Daily Asana & Pranayama- 8:30am-4pm with breaks. \$200. Min 6 mos Iyengar yoga experience req'd. Reg: workshops@familyyoga.ca, Info: familyyoga.ca/workshops/ or 780-465-4668**

Sep 5 "When Yoga is a Meditation" Workshop w/ Anna Radyo. Theme: Exploring the type of meditation practice most helpful to your personal unfolding. 10am-4pm. \$65. 10439-86 ave. All levels of students and teachers welcome includes asana, pranayama and meditation. Reg: Anna 780-439-5196.**

Sep 7 E Sun Salutation w/ Jill Gaumont. 12:30-2:30pm. \$40. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 7 Yoga for Arthritis w/ Chrissy Lakusta. Combining elements of restorative and gentle yoga, learn how to work within your range of motion, pace your body and the right way to move your major joints. 1:30-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 7 Meditation Made Easy Level I w/ Paul Larmer. Meditation is a learnable skill. Learn three simple steps to a steady, calm mind, reduced stress and happiness - alignment, relaxation, and resilience. Beginner and experienced meditators. 2-5pm. \$49+GST. The Yoga Studio of Calgary, Oak Bay. 403-454-8645.

Sep 8 Yoga 101: Brad New Beginner Yoga Workshop w/ Vanitha Naik. Focuses on the fundamentals of Iyengar-style yoga, including breath work, alignment, challenges encountered and how to adapt to your body type. 1:30-3:30pm. \$20+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 8 E Breath Awareness w/Julie Jeong. 9-10:30am. \$20. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.**

Sep 8-Oct 21 E Mindfulness Meditation w/ Taryna Whidden. Mondays 7:15-8:15pm. \$112. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 13 The History of Yoga – Teacher Training Prerequisite w/ Val Petrich. Prerequisite for students registering for the Teacher Training Program. It is also open to anyone wishing to achieve a broader understanding of the roots of yoga to enhance their personal practice. 7-8:30pm. \$25+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 13 E Lunar Yoga & Yoga Nidra w/ Aly Daly. 7-9pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

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I am in a Teacher Training Program

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yoga.ca

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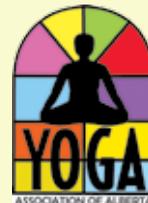
Please join us and experience Yoga and Meditation taught by Alberta's experienced Yoga Teachers. Breathe and relax with yoga in the fresh summer air!

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INFORMATION: YAA 780-427-8776 yaa@yoga.ca

This event is being held in celebration of INTERNATIONAL YOGA DAY (June 21) as declared by the United Nations.



Sep 14 **Compassionate Communication** w/ Erin Macaig. 1:30-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 14 **Family Yoga-Ages 5-12** w/ Monika Beck. 3:30-4:45pm. \$30+GST/2 people, \$5 for each additional family member. The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Sep 14 **YAA E YAA Teacher Training Class #6: Hip Openers & Forward Bends; Niyamas / Svadhisthana Chakra / Pelvis & Lumbar Spine Anatomy / Pre- and Post-Natal Issues; Ujjayi; Teddy Hyndman****; 9:30am-3pm. \$60. 9231-100 Ave. YAA 780-427-8776. Ad p. 25.

Sep 14 **C Strengthening Your Container Workshop** w/ Lonnie DeSorcy** C-IAYT. Yoga techniques to awaken, release tension, and set the stage to fully replenish in sleep. All levels. 9am-4pm. \$100. Incl. lunch. FCJ Centre, Calgary. 403-228-4215 or info@fcjcentre.ca or fcjcentre.ca.

Sep 14 **E Introduction to Meditation** w/ Rebecca Hung. 9:30-11:30am. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 14 **E Yoga & Body Rolling** w/ Anita Sielecki**. 1-3pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 14 **E Mindfulness in Practice in Everyday Life** w/ Kushok Lobsang. Time and price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 14 **E 108 Sun Salutations** w/ Frank Paul. 12:30-3pm. \$40. Time and price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 15 **E Bhangra Dance Class** w/ Aman Dhaliwal. 1:45-2:45pm. \$20. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 15 **RD Aquarian Sadhana** w/ Tara Morrison, 5-7am. By donation. Yoga YARD (Red Deer). 403 550 9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p. 23.

Sep 20 **E Fall Equinox Yin Yoga with Live Music** w/ Michelle Anderson and Sparrow Grace. 6:30-8pm. \$40. 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 20 **E Tibetan Singing Bowls** w/ Tara Green. 7-8:30pm. \$25. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 20-22 **E AYURYOGA: An Integrated Yoga & Ayurveda Retreat** w/ Dr. Dhara Shah (M.D, Ayurveda, ayurvedapath.com) and Neeru Prashar (Certified Yoga Instructor, CYAI, yogawithneeru.com). Pure Awareness Yoga & Retreat. Pigeon Lake, includes accommodation & meals, Ayurvedic cooking session. Discounted price for Ayurveda consultation and therapies until Dec 31st, 2019. Info: neerdignity@gmail.com.

Sep 21 **RD Advanced Training** w/ Ann Waschuk** & Paula Carnegie Fehr**, YAA TTP Year 1 #1. 9am-4pm. \$80/\$100 aft. Sep 7. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p. 23.

Sep 21 **E Embracing Change with Yin Yoga and Acupuncture** w/ Michael Goshko & Sherry Charron. 1-3pm. \$40. 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 21 **E Yoga and Meditation for Headaches & Migraines** w/Dorothy Robinson**. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 21 **YAA E Hatha Yoga & YogaChi** w/ Paul Yapp**. **Physical, Intellectual & Meditative Quests. 11759 Groat Road, Room 8. 10-3pm. \$40 YAA 780-427-8776. Ad p. 17.**

Sep 21 **C Starting a Home Practice** w/ Trish Robbins. Pre-requisite for the Gold Therapy Teacher Training Program. It would also be beneficial and is encouraged for those taking the 200 Hour Teacher Training Program, but optional for this level. From **1:30-4:30pm.** \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 21 **C Restore &Recharge** w/ Spring Lambrakos. An early light dinner is suggested. Bring a light healthy snack & drink. Comfortable clothing and any personal yoga items are suggested. Additional props, mats and blankets are available. Space is limited to 6 people. 4-8:30pm. \$155+GST. The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Sep 21 **C Meditation Made Easy Level II** w/ Paul Larmer. Bring awareness to the path of meditation, and understand the seven levels of the mind (chakras). Establish a more intentional and productive practice. 2-5pm. \$49+GST. The Yoga Studio of Calgary, Oak Bay. 403-454-8645.

Sep 21 **C Iyengar Yoga 101: for beginners & beyond** w/ Sharoni Fixler. 1:30-3:30pm. Calgary Iyengar Yoga. \$40+gst. Reg/details: calgaryiyengaryoga.com and/or 403-457-4070.

Sep 22 **C The Yoga Sutras** w/ Norman Sjoman. Norman will enlighten us with his knowledge of the Yoga Sutra, as well as the texts that were written a few thousand years prior, and the ones which were chronicled after. 1:30-3:30pm. \$45+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 22 **RD Sanskrit Mantra** w/ Ann Waschuk**, 1-4pm. \$30/\$40 at door. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p.23.

Sep 22 **E Asana & Anatomy** w/ Cynthia Palahniuk (Calgary). For teachers, trainees and interested students. 10:30am-2pm. \$80. Reg. by Aug 25. Readings will be given in advance. Reg: workshops@familyyoga.ca. Info: familyyoga.ca/workshops/ or 780-465-4668.

Sep 27-29 **YAA E Deepening our Practice Retreat Series** w/ David McAmmond**: **Asana, Meditation, Therapeutic & Restorative Practices. Fri 6:30 pm-Sun 3:30 pm. Providence Renewal Centre. Anita sielecki@hotmail.com; 780-432-7152 for cost & reg. options. Ad p.28.**

Sep 27-29 **E Teacher Training: Teaching Yoga to Children** w/ Rita Maltais. 9:30-4:30pm. \$400. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca. Ad p. 26.

Sep 27-29 **C Weekend Workshop** w/ Louie Ettlign (Vancouver). Iyengar Yoga for Intermediate Students. Fri 6-9pm, Sat 1-5pm & Sun 1-5pm. \$288.75. Parkdale United Church. Info/Reg: Cynthia Palahniuk cynthia.yoga@telus.net 403-229-1951, youryogaclearly.ca.

Sep 28 **E Core Integration: Developing Awareness, Stability and Strength** w/ Gillian Soder. 12-3pm. \$50. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 28 **YAA E Body, Breath, Mind Integration in the Desikachar Lineage** w/ YAA Senior Teachers, Barb Hagen**, Marcia Langenberg** and Bev Moore**. Percy Page Centre 11759 Groat Road, Rm. 8. 9am-1pm. \$60/members; \$90 nonmemb. Info. Marcia 780-436-3767; langenbe@telus.net. Reg. YAA 780-427-8776. Ad p.14.

Sep 28-Oct 2 **E Yoga Vacation to Portugal** w/ Melanie Checknita** & Joyce Zilinski. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 28 **E Falling for Yin Yoga** w/ Aly Daly. 2-4pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 28 **E Core Integration: Developing Awareness, Stability and Strength** w/Gillian Soder. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Sep 28-29 **C Shakti-Awakening the Goddess Within** w/ Kevin Naidoo. This workshop will guide you deep into the aspects of the Maha (Great) Hindu goddesses. 1:30-4:30pm. \$120+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Sep 29 **C Yoga For Arthritis** w/ Tracy Roberge. Using restorative & gentle yoga, learn your limits and the right way to move your joints to ease symptoms associated with rheumatoid arthritis and osteoarthritis. Includes a full yoga program for home practice. 1:30-4:30pm. \$65+GST. The Yoga Studio of Calgary, Oak Bay. 403-454-8645.

Sep 29 **E Family Yoga** w/ Rebecca Hamilton-Tree. 10:30-11:30am. \$20/family of 4, \$5 for additional person. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Sep 29 **E Dream Catcher Journey and Forgiveness Ceremony** w/Anne Belohorec. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

OCTOBER, 2019

Oct **YAA YAA Teacher Training Program** w/ **YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

Oct 3,10,17,24 **E 21 Days to a Better Sleep** w/ Glenda Sartore**. 5:30-7pm. \$150. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Oct 4-6 **YAA E Fall Teaching Skills Workshop. Fri 7-9pm; Sat 9am-5pm; Sun 9am-3pm. \$200. Classical Yoga Centre 11906-129 Ave. Mary LeBlanc** YAA 780-427-8776. Ad p. 25.**

Oct 4-5 **E Hormone Yoga Therapy** w/ Corinne McNally. \$179. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Oct 4-6 **Fr. Joe Pereira Kripa Foundation Iyengar Yoga Training.** Intense and rewarding practice based on the early teachings of BKS Iyengar as shared with Fr. Joe over a lifetime. Fri 6-9pm, Sat/Sun 1:30-5pm. \$165+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295. Ad p.22.

Oct 5 **E Breath Awareness** w/ Julie Jeong**. 10-11:30am. \$20. 780-416-4211; info@yogafortoday.ca; yogafortoday.ca.

Oct 5 **E Happy Feet** w/ Jill Gaumont. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Oct 5/6 **RD Ayurvedic Yoga** w/ Paula Carnegie Fehr**, Sat 8am-6pm; Sun 1-5pm. \$100/\$130 at the door. Yoga YARD (Red Deer) 403-550-9240; info@reddeeryoga.ca.

Oct 6 **E Yin Yoga Workshop. Bringing Yin Yoga into your practice.** All levels. \$60. 2-4:30pm. Shala Ashtanga Yoga Centre. 10018-105 Street. 780-760-9642.

Oct 6-Jul 5 **E 30 Hour Hatha Yoga Training 2019-2020** w/ Gerda Krebs** 10 week training: (2019: Nov 10, Dec 14, 2020: Jan 4, Feb 1, Mar 1, Apr 4, May 10, Jun 12, July 5). 12:30-3:30pm. \$495. Yoga for Today 780-416-4211; info@yogafortoday.ca; yogafortoday.ca. Ad p. 26.

Oct 9 YAA **E Satsang Gathering with an iRest Flavour: Meditation, Talk, Practice, Q&A.** 7-9:30pm. Providence Renewal Centre, 3005-119 St. Please join us. Sugg. don. \$20. Anita 780-432-7152. Ad p. 2.

Oct 10-16 YAA **E Richard Miller** (USA)/Kirsten Guest - The Heart of Meditation: The transformative Power of Essential Nature. A live-in retreat. Providence Renewal Centre. Thu 5 pm-Wed 1 pm. Anita 780-432-7152. Ad p. 2.**

Oct 11 **E Yin/Yang Yoga for Balance & Gratitude** w/ Aly Daly. 7-9pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Oct 11-14 **C Prenatal Teacher Training** w/ Meagan Synnott & Kirsten Wallace. For those wanting to teach pregnant women and learn an overview of pregnancy, the pregnant body, and asanas and adaptations. Fri 6-9pm, Sat 1:30- 8pm, Sun 1:30-8pm, Mon 9am-4pm. \$595+GST The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Oct 12 **E Introduction to Pranayama** w/ Neeru Prasha. 9:30am-1:30pm @ Empowered collective studio. \$80. yogawithneeru.com/events.

Oct 12 **E Sensational Side Stretches** w/ Tracy Carroll. 10:30am-12pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Oct 12 **E Living with Gratitude Meditation** w/ Kushok Lobsang. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Oct 12 **C Family Yoga – Ages 5-12** w/ Monika Beck. 3:30-4:45pm. \$30+GST/2 people, \$5 for each additional family memb. The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Oct 18 **E Introduction to Reiki** w/ Rebecca Hung. 7-9pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Oct 18 **C Philosophy 101 – Techer Training Prerequisite** w/ Anne Douglas. Prerequisite for students registering for the Teacher Training Program. It is also open to anyone wishing to have an overall introduction to the meaning, purpose and practice of Classical Yoga. 7-9pm. \$45+GST The Yoga Studio of Calgary, Crowchild. 403 265-6295.

Oct 18-20 YAA **E Desikachar Lineage Yoga w/ International teacher Rosemary Jeanes Antze. \$260 members; \$290 non-members. Information. Marcia 780-436-3767, Register YAA 780-427-8776. Ad p.14.**

Oct 18-20 **E Teacher Training: Teaching Yoga to Children** w/ Rita Maltais. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Oct 18-21 **C Yin Yoga Teacher Training** w/ Debby Sereda. Learn the functional approach to teaching with brilliant anatomical and structural insight that will revolutionize your teaching and practice knowledge. This training is suitable for all levels of teachers and students. Info: 403-283-9747 or yogamaya.ca. Ad p.12.

Oct 19 **C Restore &Recharge** w/ Spring Lambrakos. An early light dinner is suggested. Bring a light healthy snack & drink. Comfortable clothing and any personal yoga items are suggested. Add'l props, mats & blankets available. Space limited to 6 people. 4-8:30pm. \$155+GST. The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Oct 19 **E Develop a Home Practice** w/ Frema Bram** 9am-12pm \$45. Reg: workshops@familyyoga.ca. Info: familyyoga.ca/workshops/ or 780-465-4668.

Oct 19 **C Chair Yoga Workshop** w/ Tracy Roberge. Individuals of any age seeking the benefits of yoga but would like the stability and support that a chair provides. Honoring and using the fundamentals of Iyengar Yoga, we include proper alignment and breath work to support total body strength as well as relaxation and a calmer mind. 2-4pm. \$65+GST. The Yoga Studio of Calgary. 403-454-8645.

Oct 19-20 **C The Feminine Face of Yoga** w/ Anne Douglas. Explore the feminine principle that is the heart of the Yogic Teachings. 1:30-5:30pm. \$245+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Oct 20 **C Yoga Therapy for Back & Neck Pain** w/ Jennifer Stukoff. Designed for people who want to reduce their pain and improve their movement health in their neck, shoulders, hips and back. 1-3pm. The Yoga Studio of Calgary, Oakbay. 403-454-8645.

Oct 25-27 **E Journey through the Chakras** w/Leslie McKenzie. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Oct 26 **RD Advanced Training** w/ Ann Waschuk** & Paula Carnegie Fehr**, YAA TTP Year 1 #2. 9am-4pm. \$80/\$100 aft. Sep 7. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p. 23.

Oct 26 **E Yoga for the Lymphatic System** w/Dorothy Robinson**. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Oct 26 **E Yoga & Bracelet Making for Your Chakras** w/ Alia Wieland. 10-11:30am. \$40. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Oct 26 **An Introduction to Mindfulness Meditation** w/ Chrissy Lakusta. This afternoon workshop will explore various mindfulness practices, and include discussions to develop tools for bringing you more into the present moment. 1:30-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Oct 27 **Pregnancy Yoga: Labour and Birth Preparation Couples Workshop** w/ Meagan Synnott & Kirsten Wallace. 2:15-4:45pm. \$75+GST/per couple. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Oct 27 **RD Sanskrit Mantra** w/ Ann Waschuk**, 1-4pm. \$30/\$40 at door. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p. 23.

Oct 27 **Releasing the Neck & Shoulders** w/ Sharoni Fixler. 1:30-3:30pm. \$40+GST. Calgary Iyengar Yoga. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.

Oct 27 **E Past Life Journey** w/Anne Belohorec. Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

NOVEMBER, 2019

Nov YAA **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

Nov 1 YAA **Deadline for Initial Certification and Recertification applications for January approval.**

Nov 2 **RD Yoga for Menopause & Hormonal Imbalance** w/ Helen Morgan. 2-5pm. \$50. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p. 23.

Nov 2 **E Restorative Yoga and Reiki** w/ Michelle Anderson and Sherry Charron. Time and price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 2 **E Living with Joy w/ Kushok Lobsang.** Time & price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 3 **C Myofascial Release** w/ Wanita Koelbl. Using focused breath work, functional movement & therapy balls, focus on the muscle- fascia partnership (myofascia), trigger points and the pain-emotion connection. 1:30-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Nov 3 **C Chair Yoga Workshop w/ Spring Lambrakos.** For individuals of any age who are seeking the benefits of yoga and would like the stability and support that a chair provides. **3:30-6:30pm.** \$65+GST The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Nov 3 **E Family Yoga w/ Rebecca Hamilton-Tree.** 10:30-11:30am. \$20/family of four, \$5 each extra person. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Nov 6 **E Teaching Yoga: Summoning the Authentic Teacher w/ Marla Ericksen.** 5:30-8:30pm. \$50. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 7-8 **E Yin Yoga Teacher Training w/ Marla Ericksen.** 9-5pm. \$375/\$350 before Sep 15. 780-416-4211; info@yogafortoday.ca or yogafortoday.ca. Ad p. 26.

Nov 8 **E Yoga & Body Rolling w/ Anita Sielecki**.** 6:30-9:30pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Nov 8-10 **C Fall Practice Intensive: All Levels w/ Sharoni Fixler.** Calgary Iyengar Yoga. \$264+gst. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.

Nov 8-10 **C Pain Care Management and Yoga Workshop w/ Neil Pearson.** This training provides in-depth integration of pain science, innovative pain self-management techniques, yoga philosophy and yoga practices. Fri 9:30am-4:30pm, Sat 1:30pm-7:30pm & Sun 1:30pm-5:30pm. \$450+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295. Ad p. 22.

Nov 9 **E Yoga for Back & Sciatica w/ Lisa Workman.** 9-11am. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Nov 9 **C Family Yoga – Ages 5-12 w/ Monika Beck.** 3:30-4:45pm. \$30+GST/2 people, \$5 additional family members. The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Nov 9-10 **E Yin and Meditation Retreat: Soulful Self-Soothing w/ Marla Ericksen.** Sat 12-7:30pm, Sun 9-3:30pm. \$275(early bird \$250 prior to Sep 15). Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca. Ad p. 26.

Nov 11 **E The Original 5 Tibetans w/Krista Powers.** 12:30-2:30pm. \$40. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 15-17 **E Prenatal Teacher Training w/ Corinne McNally.** 16 hours. Incl. manual. \$275. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Nov 16 YAA **E YAA Teacher Training Class #7: Balancing; Asana / Class Planning & Sequencing / Review Nadis; Nadi Sodhana; Melanie Checknita**;** 9:30am-3pm. \$60. 9231-100 Ave. YAA 780-427-8776. Ad p. 25.

Nov 16 **E Chanting and Sound Bath w/ Sparrow Grace.** Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 16 **E Hand Wrist & Elbow w/ Jill Gaumont.** Time & Price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 16 **Reiki Level II w/ Spring Lambrakos.** You will learn how to apply a treatment and how to attend to relationships and habits. 4-8:30pm. \$255+GST The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Nov 16-17 **60 Classical Yoga Poses: Teacher Development w/ Trish Robbins.** The classical asana syllabus consists of 60 poses. They have stood the test of time as a well-rounded repertoire for yoga teachers. 1:30 p.m. – 5:30 p.m. Both Days. \$140 +GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295

Nov 16-17 **Intro to Yoga for Mental Health.** Learn principles & practices that help embody essential tenets of mental health. w/ R. Psych Pamela Moskie - Elevated Wellness \$300. Reg: pam@pamelamoskie.com. Ad p. 13.

Nov 17 **C Living Your Life's Purpose w/ Lonnie DeSorcy**** C-IAYT. Accessible yoga and meditative practices to move forward with our divinely-inspired purpose. All levels. 1-5pm. \$50. FCJ Centre. 403-228-4215 or info@fcjcentre.ca or fcjcentre.ca.

Nov 22 **E Tibetan Bowls w/ Tara Green.** 7-8:30pm. \$25. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Nov 23-24 **C Advance Training for Teacher and Trainees w/ Val Petrich.** Come learn the advanced syllabus of 24 achievable poses to take you and your students to the next level. 1:30-5:30pm. \$100/\$50.00 (Yoga Studio College alumni). The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Nov 23 **E Yoga for Diabetes w/ Dorothy Robinson**.** Time & Price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 23 **E The Dynamic Core: Awakening the Power of Your Creative Potential w/ Donalee Campbell**.** 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov 23 **C Yin Yoga Chakra Meditation w/Debby Sereda.** A deep yin yoga practice designed to stimulate and open the chakras, preparing the body for a Chakra Meditation. Essential oils, music & light will be used to deepen your experience and inner awareness. \$55+GST. The Yoga Studio, 200 1829 Ranchlands Blvd. NW. Reg: 403-239-3344.

Nov 24 **E The Dreaming Journey w/ Anne Belohorec.** Time & Price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Nov29-Dec1 **YAA E Deepening our Practice Retreat Series w/ David McAmmond**:** Asana, Meditation, Therapeutic & Restorative Practices. Fri 6:30pm-Sun 3:30pm. Providence Renewal Centre. Anita 780-432-7152; sielecki@hotmail.com. Ad p. 28.

DECEMBER, 2019

Dec YAA **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

Dec 1 **E Dark Yoga w/ Glenda Sartore**.** 7-8:50am. \$35. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Dec 1 **C The Yoga Studio Holiday Market w/ The Yoga Studio Staff.** Get into the holiday spirit, mingle with our fabulous teachers and staff, create community and find some unique & heart-felt gifts for family, friends and loved ones. We will also have door prizes & treats! 3pm-6pm. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Dec 1 **C Relax & Renew w/ Tracy Roberge.** Come in from the cold and tune into the wisdom of your body, mind, and self. Join certified Yoga Therapist Tracy Roberge as she guides you through a series of fully supported poses, introduces mindfulness with the breath and flow back to a state of relaxation by simply reconnecting. 1:30-4:30pm. The Yoga Studio of Calgary, Oak Bay 403-454-8645.

Dec 7 YAA **E YAA Teacher Training Class #8: Standing Twists, Seated Twists; Bhagavad Gita: History & Intro / Karma Yoga; Review of year one pranayama / Students bring a plan to teach one pranayama to beginners; Karen Hamdon**;** 9:30am-3pm. \$60. 9231-100 Ave. YAA 780-427-8776. Ad p. 25.

Dec 8 **C Pregnancy Yoga: Labour and Birth Preparation Couples Workshop w/ Meagan Synnott & Kirsten Wallace.** 2:15-4:45pm. \$75+GST/couple. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Dec 13 **E Candlelight Yin w/ Corinne McNally& Marcus Fung.** 7-9pm. \$40. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Dec 14 **C Health Knees Yoga Workshop w/ Vanitha Naik.** We will cover the anatomical structure of the knee, discuss pain and weakness in the knee, and learn ways to manage and recover from knee pain. 1:30pm-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Dec 14 **E 14 Basics w/ Gerda Krebs**.** Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Dec 14 **RD Advanced Training w/ Ann Waschuk** & Paula Carnegie Fehr**,** YAA TTP Year 1 #3. 9am-4pm. \$80/\$100 aft. Sep 7. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca info@reddeeryoga.ca. Ad p. 23.

Dec 14 **C Family Yoga – Ages 5-12 w/ Monika Beck.** 3:30pm-4:45pm. \$30+GST/2 people, \$5/additional family member. The Yoga Studio of Calgary, Crowfoot. 403-239-3344.

Dec 15 **C Winter Stillness: Support & Nourishment w/ Chrissy Lakusta.** This brings balance & healing and allows us to move through life with more grace and ease. 1:30-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.

Dec 15 **RD Sanskrit Mantra w/ Ann Waschuk**.** 1-4pm. \$30/\$40 at door. Yoga YARD (Red Deer). 403-550-9240 reddeeryoga.ca, info@reddeeryoga.ca. Ad p. 23.

Dec 24-Jan 1 **C 8 Days of Yoga w/ CIY teachers.** Calgary Iyengar Yoga. \$200 for all or \$30 each. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.

- Dec 26-31 **E Christmas Restore and Renew.** 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.
- Dec 28 **C Relax and Renew Mini Retreat – De-stress During the Holidays** w/ Trish Robins. Unwind and replenish yourself through a series of gentle, deeply effective restorative postures and breathing exercises. 1:30pm-4:30pm. \$65+GST. The Yoga Studio of Calgary, Crowchild. 403-265-6295.
- Dec 30-Jan 5 **E Yoga for Food Week.** Time & Price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

JANUARY, 2020

- Jan YAA **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**
- Jan-Dec **E Life Anatomy - It's FUNctional** w/ Sherry Ogg. Start courses anytime. For yoga teachers & students. Online \$49 or correspondence \$75. Classroom dates TBA: <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p.14.
- Jan 3-10 **Yoga Vacation for You** w/ Tracy Kolkuk. Hatha yoga and meditation for beginner and intermediate students. \$2328.50 (dbl occp), Akumal Bay Beach and Wellness All-inclusive Resort, Mayan Riviera, Mexico. Info: Yoga for You Inc. 780-826-3388 or yoga-for-you@hotmail.com.
- Jan 8-15 **Thailand Yoga and Meditation** w/ Anne Douglas and Julie Siebt. \$1850 (dbl occup). \$2050 (sgl occup). Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca. Ad p. 26.
- Jan 10-18 **Yelapa, Mexico Yoga Retreat** w/ Alison Irwin**. Beachside accom, 3 meals daily, yoga 2x daily. \$1335 USD. Add \$250 USD for singles, \$100 USD off with this ad. Airfare not included. Alison 780 993-7443.
- Jan 12 **C Iyengar Yoga 101: for beginners & beyond** w/ Sharoni Fixler. Calgary Iyengar Yoga. 1:30-3:30pm. \$40+GST. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.
- Jan 17-19 **E Weekend workshop** w/ Marlene Mawhinney. \$275 bef. Nov 15/\$305 aft. Reg: workshops@familyyoga.ca, Info: familyyoga.ca/workshops/ or 780-465-4668.
- Jan 18 **E Sustainable Hips** w/ Jill Gaumont. **Yoga for Today.** 780-416-4211; info@yogafortoday.ca; yogafortoday.ca.

Jan 18 YAA **E Teacher Training Class #9: Core; Pranayama (Sutras 2.49 – 2.53) / Manipura Chakra / Uddhiyana Bandha / Anatomy of Breath & Core; Vrtti Pranayama; David Wilson**.** 9:30am-3pm. 9231–100 Ave. \$60. YAA 780-427-8776. Ad p.25.

Jan24-26 YAA **E Deepening our Practice Retreat Series w/ David McAmmond**:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre. Anita 780-432-7152. For cost & reg. options ad p.28.

Jan 25-26 **E Esoteric Anatomy** w/ Donalee Campbell**. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Jan 26 **E Guided Imagery** w/Anne Belohorec. Time & Price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Jan 31-Feb 3 **E Pain Care Teacher Training** w/Tianne Allen. Time & Price TBD. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca. Ad p. 26.

FEBRUARY, 2020

Feb YAA **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

Feb 7-9 **C Weekend Workshop** w/ Ann Kilbertus (Victoria). Iyengar Yoga for Intermediate Students. Fri 6-9pm, Sat 1-5pm & Sun 1-5pm. \$288.75. Parkdale United Church. Contact: Cynthia Palahniuk cynthia.yoga@telus.net, 403-229-1951, youryogaclearly.ca.

Feb 7-15 **Yelapa, Mexico Yoga Retreat** w/ Alison Irwin**. Beachside accom. 3 meals daily, yoga 2x daily. \$1335 USD. Add \$250 USD for single. \$100 USD off with this ad. Airfare not included. Alison Irwin 780 993-7443.

Feb 14-17 **C Yin Yoga Teacher Training** w/Debby Sereda. Learn the functional approach to teaching with brilliant anatomical and structural insight that will revolutionize your teaching and practice knowledge. This training is suitable for all levels of teachers and students. Info: 403-283-9747 or yogamaya.ca. Ad p.12.

Feb 14 **C Evening Partner Yoga** w/ Sharoni Fixler. Calgary Iyengar Yoga. \$25+GST. calgaryiyengaryoga.com and/or 403-457-4070.

Feb 14 **E Yin Yoga & Yoga Nidra for Self-Love** w/ Aly Daly. 7-9pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Feb 15 **E Yoga for Neck & Shoulders** w/ Lisa Workman. 9-11am. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

Feb 15 YAA **E Teacher Training Class #10: Backbends; Pratyahara (Sutras 2.54-2.55) Emotions & Body, Breath, Mind / Bhakti Yoga / Anahata Chakra / Thoracic Spine & Shoulder Anatomy; Surya Bheda/ Chandra Bheda; Judi Mirus**.** 9:30am-3pm. 9231–100 Ave. \$60. YAA 780-427-8776. Ad p.25.

Feb28-Mar1 YAA **E YAA Deepening our Practice Retreat Series w/ David McAmmond**:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre. Anita 780-432-7152. For cost & reg. options see ad p.28.

MARCH, 2020

Mar **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

Mar 1 YAA **Deadline for Initial Certification and Recertification applications for May approval.**

Mar 1-7 **Puerto Vallarta Retreat: Restoration, Recuperation & Foundations** w/ Ty Chandler & Sharoni Fixler. Calgary Iyengar Yoga. \$1650 USD. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.

Mar 7-14 **Puerto Vallarta Retreat: Level 1-2** w/ Ty Chandler & Sharoni Fixler. Calgary Iyengar Yoga. \$1650 USD. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.

Mar 14-21 **Puerto Vallarta Retreat: Level 2,3,4** w/ Ty Chandler & Sharoni Fixler. Calgary Iyengar Yoga. \$1650 USD. Reg/Info: calgaryiyengaryoga.com and/or 403-457-4070.

Mar 20-22 **YAA E Spring Teaching Skills Workshop: Beth McCann**.** Fri 7-9pm; Sat 9am-5pm; Sun 9am-3pm; Classical Yoga Centre 11906-129 Ave. \$225. YAA 780-427-8776. Ad p.25.

Mar 21-Apr 4 **India: Spiritual Yoga Retreat** w/ Karen Hamdon** SYT and Lawrence Dombro** SYT. Experience Mystical India & Yoga in the foothills of the Himalayas. Daily Yoga and Meditation/ Sacred Sites/Ashram Visits/Teachings with Swamis & more. We stay on the banks of the sacred Ganges and we would love you to join us! Space is limited to 14. consciousnessyoga.org.

Mar 22 **E Guided Imagery** w/ Anne Belohorec. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

APRIL, 2020

Apr **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

Apr 4 **E Advancing w/ Yoga** w/Gerda Krebs**. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca.

Apr 17-18 **E Hormone Yoga Therapy for Women** w/ Corinne McNally. Yoga for Today 780-416-4211; info@yogafortoday.ca or yogafortoday.ca. Ad p. 26.

Apr 18 YAA **E Teacher Training Class #11: Arm Balances; Meditation, Samyama (Sutras Pada 3): Dharana / Dhyana/ Mindfulness / Raja Yoga / Arm & Hand Alignment & Anatomy; Anuloma / Pratiloma; David McAmmond**.** 9:30am-3pm. 9231-100 Ave. \$60. YAA 780-427-8776. Ad p.25.

Apr 19 **E Guided Imagery** w/Anne Belohorec. 780-416-4211. yogafortoday.ca.

Apr 28-May 3 **E irest Yoga Nidra Level 1 Training** w/ Anne Douglas. 780-416-4211; info@yogafortoday.ca; yogafortoday.ca.

MAY, 2020

May **YAA Teacher Training Program w/ YAA Senior Teachers. Start anytime. Pay-as-you go. See yoga.ca for information.**

May 17 **E Guided Imagery** w/Anne Belohorec. 780-416-4211; yogafortoday.ca.

May 23 YAA **E Teacher Training Class #12: Shoulderstand & Related Inversions, Maha Mudra; Mantra & Yantra / Tantra / Visuddha & Ajna Chakras / Jnana Yoga /Jalandhara Bandha (review all Bandhas) / Cervical Spine Anatomy; Viloma / Bhramari; Donalee Campbell**.** 9:30am-3pm. 9231–100 Ave. \$60. YAA 780-427-8776. Ad p.25.

JUNE, 2020

Jun 5-7 **SOYA Celebrates 25 Years - Anniversary Retreat!! Guest Presenters** Dr. Lorin Roche, PhD & Camille Maurice. Author of **The Radiance Sutras.** Incl. Asana practices based on Sutras, Meditation, & Yoga Sutra Jam Session. Fri 2pm-Sun 12pm. \$325+GST incl. copy of the book (accom, camping & meals extra). Sorrento Centre, BC. soyayoga.com, 403-805-7902. Ad p.27.

Jun 6-7 YAA E The Feminine Face of Yoga w/Anne Douglas. Explore the feminine principle that is at the heart of the Yogic teachings. Sat.10am-5:30pm; Sun. 10am-4pm. Riverdale Hall \$260 / \$290 non-memb. yaa@yoga.ca 780-427-8776. Ad p. 17.

Jun12-14 YAA E Deepening our Practice Retreat Series w/ David McAmmond**: Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre. Anita 780-432-7152. For cost & reg. options see ad p.28.

Jun 20 YAA E Teacher Training Class #13: Supine / Restorative; *Samadhi / Samskaras / Sutras (Pada 4)* / Relaxation Response; *Sitali/Sitkari*; Melanie Checknita**. 9:30am-3pm. 9231-100 Ave. \$60. YAA 780-427-8776. Ad p.25.

JULY, 2020

Jul 1 YAA Deadline for Initial and Recertification applications for September approval.

Jul 3-18 C RYT 200 Hour Yoga Foundation Teacher Training Immersion w/ South Okanagan Yoga Academy. Classical yoga program! \$3200+GST (Earlybird save \$300). Harmony Yoga Studio, #200, 3160-118 Ave SE. Marion (Mugs)** 403-805-7902, soyayoga.com, info@soyayoga.com. Ad p. 27.

Jul 3-10 or Jul 3-18; July 26-Aug 8 & Aug 16-28 C Refresh your Yoga Teacher Training w/ South Okanagan Yoga Academy. Open to all 200RYT teachers who want to get re-inspired to teach & deepen their skills and knowledge! Come for 8 or 16 days. Half price of SOYA's teacher training depending on the number of days you attend. Harmony Yoga Studio, #200, 3160-118 Ave SE. Marion (Mugs)** 403-805-7902, soyayoga.com, info@soyayoga.com. Ad p. 27.

AUGUST, 2020

Aug19-23 YAA E Mindfulness Meditation & Gentle Yoga Retreat w/Kavindu (Mexico) & David McAmmond**: Wedn. 3pm-Sun 1pm. Providence Renewal Centre. Anita 780-432-7152; sielecki@hotmail.com.

SEPTEMBER, 2020

Sep 26 YAAE Teacher Training Class #14: Headstand & Related Inversions: *Bhagavad Gita*: Themes / *Sahasrara Chakra* / Skull Anatomy (review Cervical); *Kapalabhati / Bhastrika*; Teddy Hyndman**. 9:30am-3pm. 9231-100 Ave. \$60. YAA 780-427-8776. Ad p.25.

OCTOBER, 2020

Oct 23-25 YAA E Fall Teaching Skills Workshop Workshop: Karen Hamdon**. Fri 7-9pm; Sat 9am-5pm; Sun 9am-3pm; Classical Yoga Centre 11906-129 Ave. \$225. YAA 780-427-8776. Ad p.25.

NOVEMBER, 2020

Nov 1 YAA Deadline for Initial Certification and Recertification applications for January approval.

Nov 14 YAA E Teacher Training Class #15: Special Concerns & Limitations; *Kumbhaka*; *Marcia Langenberg***. 9:30am-3pm. 9231-100 Ave. \$60. YAA 780-427-8776. Ad p.25.

DECEMBER, 2020

Dec 12 YAA E Teacher Training Class #16: Teaching Skills / Hatha Yoga Styles & Lineages; *Anita Sielecki***. 9:30am-3pm. 9231-100 Ave. \$60. YAA 780-427-8776. Ad p.25.

YOGA ASSOCIATION OF ALBERTA WORKSHOP & CLASSES: FEES & CANCELLATION POLICY

Registration: Registration with full payment to the YAA office is required for all YAA workshops, TTP classes, retreats, etc. Phone registration without payment may be held for 7 calendar days.

Transfers: Transfer of your registration payment to another participant is not permitted.

Cancellations: There are no refunds for cancellations received within two weeks prior to any YAA event. Cancellation fees will apply when cancellations are received more than two weeks prior to the YAA event, in which case you MAY qualify for an 80% refund if your space can be filled by another registrant. Cancellation due to illness (with a doctor's note,) or due to unforeseen emergencies, MAY qualify for a refund depending on the overall event budget, which can only be evaluated after the conclusion of the event.



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| Oval with cover, medium, 9" diameter, members: 15 or more @ \$65.00) | 68.- |
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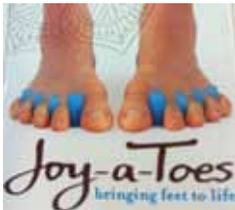
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