



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

# YOGA BRIDGE

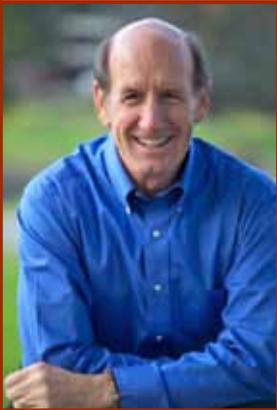
CONNECTING MIND & BODY



AUTUMN 2021

AUTUMN 2021 VOLUME 21 ISSUE 3

Please reserve the date to join us on:

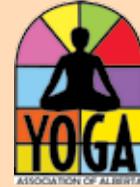


October 14 –20, 2021

Richard Miller

Returning to Source:
The Deep Teachings of Meditation

A special retreat live streamed to your home space



Meeting yourself is medicine. When you're able to fully see, hear, and respond to what life is asking of you in each moment, you can feel in harmony with the true flow of life. Meeting opens you to source and a full heartfelt embrace of both your humanity and your non-separate essence that is loving compassion in action.

This retreat will invite you to realize your innate indestructible well-being through periods of guided and silent meditation, body and BreathSensing Yoga, iRest Yoga Nidra, and interactive discussion.

While taking a respite from your daily life, this one-week retreat will help you to:

- Meet yourself and your essential source essence.
Heal limiting beliefs and emotions.
Grow trust in your innate intuitive wisdom.
Deepen your intimacy with yourself and all of life.
Integrate meditation into all of your daily activities.

"The goal of life is to live totally awake, where we see only the One, undivided Self in everyone and everything." —Richard Miller

Early Bird Fee: US \$960\*\*. After September 14: US \$ 1060.\*\*

\*\*Discount available for Canadian participants

For registration link and discount code go to yoga.ca/yaa-store

For more information contact Anita (780) 432-7152 or sielecki@hotmail.com

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.

YAA EXECUTIVE

President

David McAmmond

Past-President

Anita Sielecki

Vice-President

Karen Hamdon

Secretary

David Maulsby

Treasurer

Erin Michie

Calgary Member-at-Large (MAL)

Nancy Hong

Peter Skirving

Lethbridge MAL

Rachel Foster

Val Kunimoto

Red Deer MAL

Paula Carnegie Fehr

The Yoga Bridge Newsletter is published by The Yoga Association of Alberta

Percy Page Centre
11759 - Groat Road
Edmonton, AB T5M 3K6
Tel: 780-427-8776
E-mail: yogaab@telus.net
Website: yoga.ca

Volunteer Editor

Dave Downing

Editorial Board

Kim Fraser

Judith Mirus

Anita Sielecki

Debbie Spence

Layout and Design

Zuzana Benesova

Debbie Spence

Funding

The Y.A.A. gratefully acknowledges financial support from the Alberta Government Culture, Multiculturalism and Status of Women



CONTENTS

Editor's Message: Covid Perspectives ..... 5
Dave Downing
Start Your Practice with Awareness: The Joints and Glands Series Part 2: Exercises for the Neck, Shoulders, Hands and Wrists..... 6
Lynnda Sharp
Coronavirus Perspectives: Stop Pandemic - Now Yoga..... 9
Beth McCann
Coronavirus Perspectives: What Covid Has Reminded Me about Grief ..... 10
Sandy Ayre
I am Here Because You Are; 365 Days of Yoga In Isolation In Community .....11
Theresa Dextrace
Coronavirus Perspectives: Poems, Stories, Insights.....13
YAA Members
Teacher Tribute: Living Yoga: Senior Teacher Judi Mirus....22
Interview by Marcia Langenberg
Teacher Tribute: Gerda Krebs, "The Yoga Lady" on her 90th Birthday..... 26
Shanti Prasad-Singh
Save the Dates: YAA Events..... 29
In Memoriam: Sandra Parr .....30
ALBERTA Calendar of Events.....31
Teaching Insurance for Yoga Teachers..... 36
YAA Yoga Props: .....37-39



## YAA DONATION PROGRAM

### DID YOU KNOW?

The YAA is a registered Charity with the Canada Revenue Agency. Donors 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.

**EDITORIAL AND YAA DISCLAIMER POLICY:** The opinions expressed are not necessarily those of the YAA or the editorial board and different views may be presented in other issues. The material in this newsletter is not intended as medical advice. Consult a medical or health professional on any health or safety issue. The YAA does not favour, promote or recommend any particular method, teacher or yoga discipline represented in this newsletter. The YAA is not responsible for information contained in articles or advertisements or for ensuring qualifications of advertisers or writers. All submitted articles should be the original work of the author. Submitted articles must not appear in print or any other publication medium prior to publication in the Yoga Bridge.

The YAA editorial board reserves the right to copy-edit and condense all articles being published. Any substantive changes will be made in consultation with the author and in view of publication deadlines. Those wishing to submit articles should consult the YAA Newsletter Submission Guidelines for Contributors at yoga.ca. All submissions, whether solicited or not, are reviewed according to these guidelines. We do not include promotional information in published articles. The YAA is in no way responsible for advertisements or calendar entries that are submitted but not included in the newsletter.

**COPYRIGHT POLICY:** Duplication of YAA material in other journals/newsletters may be approved subject to notification of or consultation with the editor or YAA Executive Director. Do not re-publish without permission.

**CIRCULATION:** 1,600

### ADVERTISING RATES

Size	Width x Height	B/W	Colour
Eighth Page	2.875" x 1.75"	\$75	\$110
Quarter Page	2.875" x 3.625"	\$100	\$140
Half Page	6" x 3.625"	\$130	\$200
Full Page	6" x 7.5"	\$200	\$300

Please e-mail advertisements in high resolution PDF format, CMYK for colour ads. Additional charge for typesetting, formatting or editing ads. The YAA reserves the right to refuse ads that are not in readable format or that do not contain appropriate content.

**Advertising Deadlines** (3 issues/year):  
March 1, August 1 and November 1.

**Article Submission Deadline: Consult with**  
yogabridgenewsletter@telus.net

Newsletter circulation is approximately one month after deadline.

## EDITOR'S MESSAGE

# YAA's Yoga Bridge: Covid Perspectives

By Dave Downing, Volunteer Editor

We asked for your views on Covid-19, and this newsletter includes an inspiring and diverse array of perspectives from 16 contributors. Thanks to all of you! If there are further thoughts on the pandemic, you're welcome to send them along either as short articles using the same guidelines that were provided in the Spring 2021 editorial or as longer articles following the guidelines on the YAA homepage (yoga.ca/newsletter/).

In other news, this newsletter includes the second instalment of the Joints and Glands asana sequence by Lynnda Sharp, an interview with long-time senior teacher and former *Yoga Bridge* editor Judi Mirus, and a celebration of Gerda Krebs' birthday by Shanti Prasad-Singh. Sadly, it also includes a memorial for Sandra Parr, a long-time YAA member who passed away in July.

The Executive Director, TTP and Certification Coordinator and Yoga Bridge Editor reports presented at the last AGM are available on the YAA website at yoga.ca. They will be printed in the next edition of the newsletter.

Debbie Spence announced her intention to step down from the Executive Director position at the 2021 AGM. While it is impossible to replace Debbie and her foundational contribution to the YAA for the last three decades, change is inevitable. If you have any interest in the Executive Director position or ideas about filling it, please let a member of the YAA Board know; they're named on Page 3 of this newsletter and can be reached by sending an email to yogaab@telus.net with the name or title of the person you'd like to contact in the subject line.

### YAA Senior Teacher Showcase

Get to know Alberta's Best Teachers!  
**FREE for all YAA Members!**

- Twice/month Zoom classes with a variety of YAA Senior Certified Teachers.
- Livestream schedule emailed to registrants and posted at [yoga.ca/events](http://yoga.ca/events).
- Recordings available for a limited time.
- Register now at 780-427-8776 or [yoga.ca/yaa-store](http://yoga.ca/yaa-store).



### YAA Know Your Yoga Body

Five - 3 hour video modules  
of Anatomy & Physiology w/ YAA Senior  
Teacher Paula Carnegie Fehr

- \$150 (\$200 for Certificate of Completion if optional assignment submitted to fulfil 15-hr YAA-TTP anatomy requirement.)
- Start anytime after October 30.
- Reg.: 780-427-8776 or [yoga.ca/yaa-store/](http://yoga.ca/yaa-store/)
- Info.: Paula: [hiddenmessages.ca@gmail.com](mailto:hiddenmessages.ca@gmail.com)

# Start Your Practice with Awareness

## The Joints and Glands Series Part 2: Exercises for the Neck, Shoulders, Hands and Wrists

by Lynnda Sharp

As indicated in Part 1, published in the Spring 2021 issue of *Yoga Bridge*, these movements can be done sitting, standing or lying down. They are described here using a sturdy chair with a firm, flat seat. Sit on the forward third of the seat, thighs parallel to the floor, knees over your ankles. Shorter legs/higher chairs may require a lift using blocks or books under the feet. Longer legs may require a lift under the buttocks using blocks or a folded blanket.

Extend your spine as if you were a marionette that is being gently lifted by a string attached at your crown. Within this extension consciously let go of tension. How do you do that? The breath is the magic here. Inhale and notice the natural quality of expansion, especially through your back body, of not only the ribs and the lungs but also the sensations created in the neck, shoulders, hands and wrists. On the exhale, focus on dissolving that expansion. Be still for two minutes while breathing in this way and sensing your body.

Remember that all the movements are to be within your comfortable capacity.

Make an intention (*Sankalpa*) to loving kindness—awareness of breath, smooth and even, moving the body with a minimum of effort. Think in terms of no more than 70 percent exertion and you will gain all the benefits without the strain.

After executing Part 1 of this series and having moved through the face, neck and eye exercises, you will have a relaxed cranial structure, free flowing nasal passages, and a calm, smooth forehead.

You should repeat each of the following exercises three times unless otherwise indicated. Always move slowly, gently, and kindly. As you

move into the position described, stay for a couple of breaths and enjoy the sensation of release. Think of the body whispering to you and you quieting the whisper in return. If there is any screaming going on, you've definitely gone too far.

### NECK (REPEAT 3 TIMES EACH)

Your neck is vulnerable. Never force any movement and keep your shoulders relaxed at all times. You are moving only your head.

*Chin up and down:* As you exhale, retract your head (like a turtle), chin tucks towards the chest and the back of the neck elongates. On inhale, lift your head to the starting position, lengthen the back of the neck further and reach your chin upwards.

*Chin over the shoulder (shoulder check):* Exhale and turn your chin to the left keeping it parallel to the floor; inhale as you return to center. Repeat to the other side. Hold each position while you explore the relaxation of the shoulders and the change in sensation as the muscles slowly gain freedom.

*Ear over the shoulder:* Inhale while tilting the head to the left so the right ear moves upwards and the left ear lowers towards the left shoulder. It is helpful to think of someone gently tugging the ear upwards to create space and length. I like to stay with this one for a few breaths to release the strong *sternocleidomastoid* muscle. (Figure 1). Exhale. Repeat on the right side.

*Neck rolls:* Traditional head rolling can be dangerous. Schatz (1992) said that "The outer edges of the facet joints grate against each other when they are forced to approximate this type of rotational movement." This is why in Swami Rama's *Joints and Glands* publication the instruction

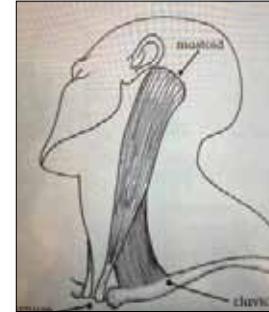


Fig. 1. Sternocleidomastoid muscle.

is to keep the neck extended and long, so as not to pinch the vertebral column. David McAmmond, YAA Senior Teacher, taught me an interesting way to modify the neck roll. Imagine yourself wearing a headlamp with lights pointing to the front, back and both sides, and that you are standing in a square room with a line drawn parallel to the floor at eye level. As you circle your head to the front, right side, back and left side, keep the headlamp beams shining on the line at eye level on all four walls. This way, you avoid tilting your head and reduce the chances of causing damage to the neck joints. (If you were to do neck rolls the usual way, the front headlamp beam would shine on the ceiling as you roll your head back, the side headlamp beams would cross the line as you roll your head to the sides and the front headlamp beam would shine on the floor as you roll your head forward).

### SHOULDERS (REPEAT 3 TIMES EACH)

These movements are so important to everyone. As we get older, many of us suffer from shoulder and upper arm pain. The saying, "less is more" is a good reminder in shoulder movements. It is tempting to force your range of motion. Please take extra note that three times each direction is enough to warm up the shoulders and prepare them for the classical yoga poses.

*Shrugs:* Shoulder shrugs target your trapezius muscles. These are strong muscles on either side of your neck. It is important they are strong, but you must also be able to relax them. Remind yourself to elongate through the waist and allow your arms to rest softly at your sides. One shoulder at a time, lift, hold briefly then suddenly release dropping back to a relaxed position. Now do both shoulders simultaneously.

*Rotations:* These exercises improve the shoulder range of motion which in turn will reduce the

stress on the joint making it less susceptible to joint inflammation (like tendinitis and bursitis). Rotate one shoulder at a time by exhaling and drawing forward, inhaling upwards towards the ear, then exhaling back towards the spine and down, creating a full circular motion. Finally both shoulders move in coordination with the breath.

*Vertical arm swings:* Begin with the arms at your sides. Keeping maximum space between the shoulders and the ears and making soft fists with your hands, lightly swing the arms in unison forward and back like a pendulum. Experience your chest expanding as the arms move back and the shoulder blades spreading apart as the arms swing forward. Although you are moving the arms, it is the movement of the shoulders you want to focus on. To increase momentum, bend the elbows back on alternate swings. The breath remains smooth and even without worrying about coordinating it with the movements. The shoulders remain soft, relaxing any resistance in the pectoral muscles in the front of the shoulders, as well as the muscles of the upper back.

A fun variation if you are doing the exercise from a standing position is to swing with arms extended four times, and then pause to add a small squat as you bend the elbows back. Do two of these squats/elbows drawn back with each squat and then repeat with arms extended for four swings followed by two squats and so on. You can continue in this way for thirty seconds or more. (Figures 2a and 2b).

*Horizontal arm swings:* Being mindful of your range of motion, raise the arms to your sides at shoulder height, palms facing down,



Figure 2a. Squatting with elbows back (squat twice and draw elbows back, then stand up and do arm swings)



**Figure 2b. Stand up, extending and swinging the arms four times**

and begin to swing them in front of the body forward and back alternately crossing one arm over the other. Repeat by having the palms face upward 3 times, then with the thumbs up 3 times and lastly with thumbs down 3 times. This gives you a chance to really explore the range of motion of your shoulders. Continue for thirty seconds or more.

**Shoulder wings:**

Anywhere, anytime, this feels amazing. Imagine a bird waking up in the

morning. Place your fingertips to the top of your shoulders. Inhale and begin to circle by drawing the elbow towards each other and upward. The shoulder blades and all the musculature that supports them will lift the elbows to draw your upper arms by your ears. At this point the tips of the scapula (lower point of the shoulder blade) have spread apart and then, exhale as you circle back and lower your arms. The shoulder blades are now drawn together. Last, bring the elbows forward to the starting position.

**HANDS AND WRISTS (REPEAT 3 TIMES EACH)**

Since I broke my wrist a few years ago these exercises have not only been in my morning practice, but at different times throughout the day. They are amazing for anyone, especially if you have any limitations due to arthritis or a previous injury.

**Wrists up/down left right:** Raise your arms in front at shoulder height with palms down; inhale as you extend the fingertips toward the ceiling reaching forward through the heel of the hand. A gesture as if putting your hands out to say, "Stop!". As you exhale bring the hands back to neutral position and flex the wrists so that the fingertips

point to the floor. Coming back to neutral, keeping the forearms as still as possible, fingers together, turn the hands to the left, back to neutral position, and then to the right.

**Wrist Circles:** With arms raised in front, fingers and thumbs together. Repeat with fingers in a "claw" position and finally with fingers spread out fully.

Be still. Observe your breath. Enjoy what you have created.

If you are interested in the full version of this series, please check the following publication: Swami Rama, 2007, *Exercises for Joints & Glands: simple movements to enhance your well-being;* Himalayan Institute India. Available at the YAA Store.

Reference cited:

Schatz, Mary P. 1992. *Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief.* Rodmell Press.

*Lynnda Sharp is a Senior Teacher with YAA who enjoys continuing studies with the Himalayan Tradition. She can be reached at lsharp11@telus.net .*

ANATOMY	PHYSIOLOGY
BIOMECHANICS	
<b>INTRODUCTION TO YOGA AND EXERCISE SCIENCE</b> WITH LISA WORKMAN Virtual Zoom Workshops Saturdays from 9am-12pm  For more information: info@lisaworkman.com	<b>Anatomy 101 &amp; Anatomy 102</b> September 25 & October 30, 2021 \$120  <b>Physiology 101</b> November 27, 2021 \$60  <b>Biomechanics 101</b> December 18, 2021 \$60  <b>All 4 workshops - \$225</b>

# Stop Pandemic – Now Yoga

by Beth McCann

There have been many gifts during Covid along with challenges. At the beginning of Covid I lost a niece to suicide which sent me on a journey of self discovery.

**Stop Pandemic.**

I am so thankful for the tools I have learned through Yoga. Intuitively, I knew that being in a home all alone with few commitments was a gift of time to become reflective, spend time in meditation and learn more about myself. The loss of someone, facing death (my own death) created anxiety, fear, depression. I found myself climbing out of my pity pit, frozen as I watched the news developing around the pandemic and the US election. One day as I was scrolling through YouTube® videos, I discovered the *Vagus* nerve theory and exercises to calm the *Vagus* nerve.

It sparked something in me. In the time leading up to this ah-ha moment I had discovered Deepak Chopra and his explanation of quantum entanglement, our relationship with our inner world and outer world in his YouTube® videos (Deepak Chopra, The ChopraWell). Once we connect to the quantum field there is a feeling of spaciousness, timelessness, love and borderlessness. The *Vagus* nerve is activated during times of survival and results in survival decisions around fight, flee and/or freeze. Our responses are also passed down through our DNA. Most of us have stored experiences in our DNA of famine, poverty, war and just the need to survive.

*Now Yoga* ... Yoga is the cessation of the fluctuations of the mind (Patanjali's *Yoga Sutras* 1.1.2) and this newly acquired knowledge did settle these fluctuations.

My daily yoga practice started to include directly connecting to my fight muscles (yoga asanas have a history of watching what different animals do naturally in nature (for example

downward dog -*adhomukha svanasana* resembles a dog stretching) and then taking time to integrate with my flight muscles while I silently said to myself, "There is nothing that I need to fight right now". I released some of my panic around my fear of pandemic, and how it was going to affect my future. I had unconsciously decided the pandemic was something I needed to fight while igniting my *Vagus* nerves with no idea of what I needed to do. Being in a constant state of panic during the pandemic was not how I wanted to live my life.

**Stop Pandemic – Now Yoga.**

I explored my flight muscles, the muscles in the legs, spine, sacrum and lower back. While in *savasana*, I silently told myself, "Right here, right now there is nothing I need to flee from." My hips and legs are so thankful – they are not as tight or ready for action, there is freedom around my sacrum where a lot of lower back pain stems from.

Connecting to my breath, slowing it down out of panic mode and using other pranayama techniques, contracting my facial muscles and releasing, listening from my inner ear, doing specific eye movements and humming from my different chakras at the end while in *savasana* I said to myself, "Right here, right now there is nothing terrifying my frozen parts." In my tool box I had Yoga, Hakomi and the Enneagram. I found time to be with myself, explore the panic, the fear, the isolation experienced during the pandemic. I discovered the quantum field, had glimpses of it, my body relaxed by freeing my fight and flight muscles, and I thawed out some of my frozen parts.

**Stop Pandemic – Now Yoga.**

*Beth McCann is a Senior YAA teacher. She can be reached at bmccann@telus.net.*

(References Cited: bottom of page 10)

# What Covid Has Reminded Me About Grief

by Sandy Ayre

The one year anniversary of Covid arriving to where I live, passed in March 2021. As the anniversary approached, I reviewed my life with this-time-last-year thoughts. I also had the bodily memory of how it felt. The panic and anxiety about grocery shopping. The fear as I listened to rising numbers of Covid cases on the radio. The rush of alarm the first time I was notified of being exposed at work.

Actually, it reminded me of grief: A life changing event powerful enough to re-write the course of my life into a before and after...and the residue of that change in my body and mind long after the initial impact.

As I moved through the Covid one year mark, I had the awareness that I don't feel the same way this year, as I did last year. I've changed, adapted, and integrated the Covid-way-of-being into my life. Hand sanitizing and mask wearing no longer takes conscious effort. My grocery routine is dialed in - I know which stores are still cleaning the carts and which have self checkouts. I know what I need to do to lessen my anxiety as I interact with people and situations. We are now on the cusp of a third wave, and although that is still scary, I'm in a much different place than I was for the first...I've changed.

This reminded me of grief.

For years after my first devastating loss, I was waiting for a final summation of the experience that would allow me to "put it all behind me," as I moved on with life, unencumbered by the pains of grief. I was so distracted by wondering when grief would be fixed, that for a long time I didn't see the internal shifts that I had made toward re-wiring my life to include grief as part of my whole.

I see now that the torture of living with grief was exactly what helped me learn behaviors and strategies to cope with grief. I didn't "get over" grief. I learned to live with it. I learned the tools I needed to cope with the waves. I began to anticipate the waves, and employ the tools I needed to in order to lessen the impact of the wave. I became comfortable with my intense emotion. I developed new boundaries. I changed, and I'm still changing.

I see myself still looking for the end-point of Covid, but my experience with grief warns that the impact of Covid will be ongoing. And, having that whisper in my ear, I'm trying to stay open and flexible to the ways in which I need to change to live well with it all. Just like grief.

"Healing is a process, a movement, a transition toward balance, connectedness, meaning and wholeness. Healing is a movement, not an outcome." - Richard Katz, Sacred Stories

*Sandy Ayre lives in Edmonton and teaches yoga as a supportive modality for grief (yogaforgriefsupport.com).*

**Cont'd from McCann Article page 9.**

**References Cited:**

Chopra, Deepa. The ChopraWell (subscription service) . <https://www.youtube.com/ChopraWell/featured>

Porges, Steven. 2017. The Polyvagal Theory: The New Science of Safety and Trauma. Youtube. <https://www.youtube.com/watch?v=br8-qebjigs>

# I am Here Because You Are 365 Days of Yoga In Isolation In Community

by Theresa Dextrase

In the early Covid days, Valananda Joyce saw a need in her community and filled it. She started a community practice on-line for three weeks which became 48 days, which became 108 days... until we found ourselves celebrating 365 days on May 21, 2021. Yoga Shakti and Senior Teacher Zenna Ariel and Yogacharya Dr. Ananda Balayogi Bhavanani of the Gitananda lineage joined the class on day 365 to mark this astounding achievement. The group continues to meet daily and welcomes new participants.

When *Valananda Joyce* (previously known as Val Whitehead) was required to shut down her Yoga Centre, she pivoted to leading class on-line. With the changing restrictions and uncertainties, switching to video was the only way to consistently practice yoga in a group.

During this time, Valananda was deepening her own practice on-line with Dr. Ananda in India. Valananda wanted to share her passion for this lineage in response to a growing anxiety and loneliness she felt in her community. She opened her own intuitive morning practice on Zoom® which students could follow or devise their own practice. She had previously avoided morning studio classes; the thought of driving before she was fully awake seemed dangerous. The students acknowledged this obstacle. "To get up and go somewhere to do a daily morning practice in a group is not reasonable. This is easy. We get up in the morning and do a little bit then start yoga. If it wasn't for Covid, we wouldn't have this opportunity."

On-screen is a markedly different approach for yoga. We are not used to being exposed to our own image and have it on video for all to see. Angela shares, "some days I don't want to turn mine on, but I will. I am encouraged to see everyone. Everyone pushes me to show up." Valananda made it a requirement to have our cameras on during practice and share this vulnerability. "It works as a community builder. It is important to be seen."

It was a time when connection and comfort was needed. Initially, 365 days was not a goal, but it continued to fill a need. As Marsha puts it, "even though I have missed or slept through quite a few mornings, it has given me a discipline and commitment. And it grew. It anchored me and gave me stability. I have never really been completely committed and disciplined about anything. I started feeling a connection with the group; a need to be there. I would be missed, and I would miss. Like Valananda said, I am here because you are. We hold each other."

Bev did all 365 days. As for many students, the daily practice was a lifeline. "I was really suffering from anxiety and Covid was making it worse. The breathing practices that I learned gave me something to go to when I was feeling anxious."

Several students said that it got them through winter. The mornings became lighter. Anna says, "It is the perfect way to start the day." Karen adds that many things that give our life purpose have been taken away, "this connection nourished my sense of belonging."

## TEACHER AS PARTICIPANT; HUMBLENESS IN SHARED PRACTICE

The shared practice approach adds another remarkable aspect to this yoga experience. I remember one day when Valananda stopped after doing a leg rotation—noting a lack of attention. “Wait a minute, I just did that like I was doing that to get through it. I am going to go back and *do it*.” It was a moment of humility, guiding us to catch ourselves and be present and curious. “A yoga practice should be internal. The external is just the movement, but the whole practice is to be breathed and internal. What is happening with each part of my body?” Linda confirmed how valuable it was that Valananda gave concrete examples of *how* she was listening, rather than the cliché *listen to your body*.

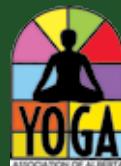
This need for listening is heightened when we return to yoga after time away. Jim, who had his introduction to yoga through this practice, says, “we had a couple of people who had Covid or other health challenges. I was very sick for a time. When

I came back, I was doing 10-15 minutes at the most, then lying on the mat.” Valananda asserts: “This is so important! You came back and felt comfortable just doing 10 minutes. That encouraged me. I think many people try to come back full force after time away.”

The Covid pandemic has brought profound loss, and many will navigate this *time away* indefinitely. Valananda created an opportunity for a group of 23 yoga practitioners to choose presence in this time. As Zenna Ariel says, “Valananda is a true Karma Yogini. When she sees that something needs to be done, she never hesitates, and she never expects anything in return.” Dr. Ananda calls this an achievement for the record books. “I salute your commitment to make yoga come alive.”

*Theresa is an Osteopathic Manual Therapist and dancer in Edmonton. She does yoga for sanity and writes about health education for fun. osteo.theresa@gmail.com. Valananda Joyce can be reached at valananda108@gmail.com.*

## YAA AGM and A Workshop with a YAA Senior Teacher ONLINE April 30, 2022



- AGM:** **12:00-2pm:** 46th YAA Annual General Meeting, Executive (Board) Elections - President, Vice-President, Secretary, Treasurer
- Workshop:** **2:15-3:30 pm:** Yoga with YAA Senior Teacher (TBD) FREE for those who attend AGM
- Fee:** Current paid membership
- Pre-Register:** [yoga.ca/yaa-store](https://yoga.ca/yaa-store) to receive zoom link
- Info:** YAA (780) 427 8776

## CORONAVIRUS PERSPECTIVES

# Stories, Poems, Insights

by YAA Members

### ASHLEY BLACKWOOD, EDMONTON (MARCH 24 2021)

#### Bending like grass in the pandemic's tempest

My yoga and meditation practice have helped me through the past 18 months by reminding me that leaning into the unknown is always an uncomfortable and unfamiliar process but it's made easier when I can turn into myself and listen to the quiet of the Self.



When that doesn't work a phone call to my elders and sangha ALWAYS does the trick.

### STEVEN BELL, EDMONTON (MARCH 29 2021)

#### Teaching through the pandemic

I've been at my YAA Teacher Training Program (TTP) for more years than I care to admit and although I have worked slowly and steadily with an intention of completing my requirements at some future, indeterminate time, it is thanks to the events of this past year that I am much closer to my "goal".

One of the requirements of the YAA TTP is to complete a specified number of hours of "Mentor Supervised Teaching". With an offer to supervise me online and the gentle coaxing of my wise Senior Teacher Anita Sielecki, in April 2020 I started a Friday morning Zoom yoga class that I invited a few friends and family to join. One year later, my Friday morning online class continues to thrive and has become the highlight of my week! Connecting

with this group of people online once a week is the most beautiful outcome from the challenges of this past year. I love preparing each week for my classes and always with the intention of making our time together to be fun, meaningful and fulfilling.

My teaching has improved, I have found deeper meaning and purpose in my yoga practice and my life feels so enriched by the contact I have with my classmates. For one hour (or so) per week, the group of us are all "in this together" as we practice asana, pranayama, meditation and awareness. And I am immensely grateful.

### WENDY GRANT, GOLDEN, B.C. (MARCH 31 2021)

#### Inspired

It began with a list; a big ambitious and enthusiastic list of all the things I would do with the gift of this time. From the large—writing the book I keep thinking about—to the small like finishing the socks I began to knit years ago. The list still sits here largely intact. I live mostly offline, no zoom classes, no online courses, no social media. Yet the days have been full and have flown by because there's the other list, the one that doesn't get written down but is more important. The one that would include the countless miles I walked, the many hours talking on the phone with my 90 year old mum, the tending of gardens and making of soups, the reading of books and breathing.

It's this last, breathing, that has ended up defining this time. It became the object of study and exploration. I had time to sink deeply into just this one thing. And then breath, of course, would settle me into meditation or urge me into movement, allow me to let go of "too much news" brain fever or to just be with fun stuff like anger, sadness, pain. Most of all breath kept reminding me that all

things cycle; they have a beginning, middle, end and pauses. Breath also, in this rather turbulent year allowed me to shift over and over from floundering in the waves to abiding in the ocean that holds them. So I will continue to breathe and to let breath hold me in the here and now, to be okay with not knowing and to marvel at the unfolding. And I did finish knitting those socks!



**HELEN MORGAN, RED DEER COUNTY (APRIL 1, 2021)**

**Penny Twist**

This was taken about 3 weeks into our first lockdown last year. My teenage daughters were on-line schooling, and I was suddenly at home with my family, no longer able to teach my regular classes at



**Helen and her pot-bellied pig, Penny - a little early morning twisting practice (well, for me!)**

the YARD in Red Deer or at my local community center in Caroline. So, my yoga evolved to lots of outdoor practices on our deck—usually accompanied by one of our several pets—all of whom thought that my mat was actually rolled out there for them to lie on!

This time with our animals made me think of that Collette quote: “Our perfect companions never have fewer than four feet”.

As well as time spent with the pets, another silver lining of this time and space has been the opportunity to really deepen my own yoga and meditation practice, as my focus was usually on the next class that I was going to teach. So, less tumbling forward toward the next thing, and more sitting in the moment. And lots of gratitude and acceptance.

**BARBARA RITTER, EDMONTON (APRIL 12 2021)**

**Heal, Transform & Unfold the Yoga Way  
A Covid-19 inspired poem**

Whisper a gentle, “yes”  
Ground, connect with earth, our beating heart  
Sense safety, feel peace  
Sankalpa, “I am aligned with my heartfelt desire.”  
Breathe in joy, smile  
Pause  
Breathe out with a hum, feel good  
Move in 3D with grace, stability, ease  
Savasana, relax, release, restore, reintegrate  
Rise renewed, healed  
Meditate, in silent stillness listen  
Open up to LOVE, “I am aligned with my heartfelt desire.”  
See with curiosity oneself, others and world as it is  
Accept, release need to control and change  
Trust we are always held in LOVE  
Feel into the Presence of LOVE  
Sense LOVE itself transform you  
We are “all ONE” never “alone”  
Now as ONE the moment is won, *Samadhi*

Send out blessings:  
Om, Om, Om  
Namaste  
Blessed Be  
Press into the earth; stand tall  
Lift heart upward;  
gratitude overflowing



**Halfway Lift (ardha uttanasana)**

“I am aligned with my heartfelt desire.”  
Sing, walk, play into this Life of yours  
Be present to the miracle of YOU  
Notice with awe your natural unfolding of hidden talents  
of inner guidance and strength  
of abundant creative goodness  
of holding more loving space to be  
Tomorrow, whisper a gentle, “yes”.

**VALERIE WASYLISHEN, EDMONTON (MAY 21 2021)**

**Learning, Doing, Being**

For the past year and a quarter of this strange and worrisome time, I’ve continued with my old favorites: reading and audiobooks (new Canadian novels and ‘mindless’ mysteries) and walking (weather permitting). I always have a knitting project on the go. As well I play solo Bridge online and the odd Cribbage game with family and do my best to improve my weak Spanish! Now that it’s spring 2021, gardening and yoga in the yard are possible and it’s fun to take photos of newly appearing spring flowers and birds! I frequently get emails from the ‘Yoga for Healthy Aging’ blog ([yogaforhealthyaging.blogspot.com](http://yogaforhealthyaging.blogspot.com)) that are highly readable and inspiring; many aspects of yoga are covered by the various contributors.

**AUDREY BELL-HILLER, EDMONTON (MAY 25 2021)**

**Musings on Covid 2020-21**

The global pandemic of 2020-21 will be viewed from many perspectives. This is my brief account of Covid-19 and how it affected me, my life, my yoga teaching and my students.

In March of 2020, government mandated closures of public facilities brought an end to my yoga classes. Despite that, I have kept in contact with my yoga students who are also my friends. It’s clear to me that because of the local and global impacts of the pandemic, some felt stressed and depressed. Because we couldn’t meet, many of us were less active and all of us were sad that our

in-person social connection had been broken. I yearned to teach yoga and socialize with my friends again.

A sign over my kitchen table that reads “LIFE IS GOOD” sums up my perspective towards the pandemic. Because I had developed a long-term daily morning yoga practice that included asana and breath work, my overall health did not change, my mood was generally positive and I learned to cope with the changes. My husband and I enjoyed a walk together every day. But I still missed teaching!

During early 2021 I was asked to teach yoga using Zoom®. I saw this as a great opportunity to learn something new and share yoga with others; at the same time, there was a learning curve as I became familiar with the new technology and the modifications needed to teach on-line. But I persevered and enrollment for my first virtual Restorative Yoga class was 11. I am blessed to teach and share yoga with at least one of my classes. **Life is Certainly Good!!**

**JANE CARR, EDMONTON (MAY 25 2021)**

**Solar Energy**

I grew these sunflowers in the summer of 2020 outside the room where I practice yoga at home. Many of them grew over 12 feet tall. The plant’s energy and shade benefitted me and my inner growth through the pandemic, and I hope I helped them grow into the best plants they could be.



**ANONYMOUS SUBMISSION, CREATIVE WRITING/POETRY (MAY 25 2021)**

The Covid-19 pandemic has brought a precious opportunity of silence. Becoming stilled from the “busy-ness” of life brings opportunity to go within and listen to what lies inside...

**Silence – The Gift of Presence**

Silence brings stillness to my Being. My Being remains dynamic – breath still comes in and out, cells still do their work of converting energy – yet *I am not the do-er*. I become the observer, sitting within my *whole* self (body, mind and spirit) and becoming present and connected to it all.

Silence is the portal to enter into presence and connection with my whole Being; and, from there, union with every thing.

Silence is a sacred gift that is abundantly, readily and infinitely available – *if I am present enough to receive its gift.*



**SUSAN QUAN, CALGARY (MAY 26, 2021)**

**The Discovery**

This past year has been a real-time, aware experience of duality and impermanence both in my daily goings-on and in the world at large. It has been a time of reflection, observation, doing and just plain being. Even today, life remains a collage composed of a juxtaposition of feelings and emotions. Loss, sadness, grief intertwines with amazement and wonderment for the generosity, support, coming together, compassion, front line people and ingenuity of humanity’s unbridled spirit. In the midst of these opposing forces, there was a pause that I had not noticed before. It might have been left undiscovered if the underlying circumstances of this year and the last had been different. I am infinitely grateful for this

uncovering. The pause is where I am grounded and centered in the midst of all that is taking place and spinning around me. It is where I am: just, here.

**MARCIA LANGENBERG, EDMONTON (MAY 28, 2021)**

**Yoga Elixirs**

Teddy Hyndman’s response to her students when they couldn’t do a pose was, “Not yet.” Sandra Sammartino said to look at something from another point of view when your ‘rascal’ mind gets trapped ‘running around the hamster wheel.’ Rosemary Jeanes Antze taught that yoga is about what you can do, not about what you can’t do.

When I struggle with the threat of Covid and its consequent restrictions, I hear Teddy saying, “Not yet, but... some day.” I hear Sandra advising, “See it from a different point of view.” I hear Rosemary counselling, “Focus on what you can do.”

These sage utterances from my teachers are elixirs. They shift my attention away from peril, limitation, and pessimism towards protection, possibility, and optimism. Fear of the invisible viral bullet lessens. Feeling blocked and disheartened by the curtailment of activities eases.

Instead of risks and obstacles, I see opportunities in doing whatever is required to stop the spread of the virus and I feel empathy for others who are experiencing far greater hardships than me. My spirits lift and my feelings of anxiety, entrapment and despair are weakened, at least for a while. Then I hear my teachers speak once again.

**REBECCA HUNG, EDMONTON (JUNE 1, 2021)**

**The Fence**

I walked into a field. I laid down and took a rest. It was time to dream. Also manifest. Some followed and brought others. We gathered everyone. We made some joyful music. We felt the warming sun.

Then came a strong wind. It brought with it unease.

It felt overwhelming and we began to freeze. A storm ensued of terror. The end was not in sight. It was an awful feeling. Nothing was quite right.

I wanted to be higher. To get a better view. So we built a fence. I helped build it too. Some kept their feet grounded. The fence felt like a wall. The field disappeared. The fence was just so tall.

Some said it was windy. Some wanted to fly. Up here I had a better view. I could touch the sky. My practice helped me balance. Up here I saw it all. I thought I rose above it but I still felt so small.

I settled in my center. I connected with my heart. I listened to my teachers. I knew we weren’t apart. I wished for grounding. I had been up here so long. I wanted to touch the earth so I could feel her song.

I let the wind move me. I felt a deeper peace. My eyes opened and the fence was gone. I felt a release. Out in the field I’ll meet you. Let’s come here and stay. We don’t need a fence to climb but on the ground we’ll lay.



**KAREN GIERING, EDMONTON (JUNE 1, 2021)**

**The Gift I Didn’t Know I Needed**

I started an online meeting with the intention of doing something positive for my colleagues in a very negative environment. With the added challenges of the pandemic I saw people struggling to cope. I thought that offering them a grounding practice would help them deal with their lives from a calmer place, an idea I heard from another yoga teacher.

We gather online just once a week for ten minutes. I lead them in some body sensing to focus their attention inward and to the present moment. I move on to some breath awareness, something simple like extending the length of the exhale and then pausing briefly before the inhale. I always finish with something to consider, like gratitude, joy, contentment or their courage for taking this time for themselves. Sometimes the impermanence of everything is an experience which they can feel in the sensations of their body, their breath and their thoughts.

I was really unprepared for the amount of fulfillment that teaching this small practice brings me and it is hard to express in words. One person says s/he looks forward to it each week and is disappointed when s/he can’t make it. Their messages of thanks and small gifts bring me joy to know I have a positive effect on their lives. I too have struggled as they have. Preparing for and teaching the practice fills my heart and helps to keep me going.

**Studio Space FOR LEASE**  
10816-95th Street, Edmonton

**Turnkey · Bright · Central**  
Imagine your yoga studio in this bright, calming 1833 sq. ft. space in the heart of Edmonton’s Little Italy’s business community.

**Contact**  
Ken or Miranda  
**(780)428-0754**  
Email [info@zocalo.ca](mailto:info@zocalo.ca) for full brochure.

## LIFE ANATOMY It's FUNctional!

with Sherry Ogg, BGS, GCFP, RMT

For Yoga Teachers & Students

Anatomy Training: Online (\$49);

Correspondence (\$75);

Live (TBA: [micromoves.com/therapists.asp](http://micromoves.com/therapists.asp))



- **Yoga Teachers:** Fulfills 15 Recertification Hours
- **Yoga Students:** Fulfills 15 hour YAA-TTP requirements

[micromoves.com/therapists.asp](http://micromoves.com/therapists.asp)

is now under Credits / CC tab

[info@micromoves.com](mailto:info@micromoves.com)

1-877-414-0505 780-414-0273

## Shipping Store UNIVERSITY

INTERNATIONAL  
SHIPPING & RECEIVING

- Experienced Advisors

YAA MEMBER DISCOUNTS:

- Business Cards
- Mailbox Rental with Street Address

8507 – 112 Street, Edmonton

780-757-6877

FREE Parking; *Yoga Bridge* Printers



**Growing Space**  
FOR HEALTH AND WEALTH

## GROW RESILIENCE!

*On your own time, anytime, online, Learn:*

- Boundaries
- Self-compassion
- Self-confidence
- Self-care
- Self-esteem
- Self-awareness

Sign up to transform your life for good  
[GrowingSpaceforHealthandWealth.com](http://GrowingSpaceforHealthandWealth.com)

Effective and engaging virtual guidance  
Tools to use on or off your yoga mat.

**Desikachar Lineage**  
with  
YAA Senior & RJ Antze  
Certified Teachers  
Barb Hagen • Marcia Langenberg

- **October 30, 2021**
- **9:30-1:30 pm**
- **Zoom Only or Rm. 8, PPC**
- **\$60 members (\$70 non-mem)**
- **Information:**  
*Marcia: [langenbe@telus.net](mailto:langenbe@telus.net)*  
*Barb: [bhagen5@icloud.com](mailto:bhagen5@icloud.com)*
- **Register: YAA 780-427-8776**
- **Online: [yoga.ca](http://yoga.ca)**
- **Etransfer: [yogaab@telus.net](mailto:yogaab@telus.net)**

*śraddhā*  
(faith)

*vīrya*  
(energy)

*samādhi* (contemplative calm) on  
*prajñā* (wisdom)

*smṛti*  
(memory)



# YOGA ASSOCIATION OF ALBERTA: TEACHER TRAINING & UPGRADING

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

## PROGRAM

### Comprehensive Training

- Start anytime in the YAA's 200-hour program with the same high standards that have guided our programs since 1976.
- Expand your skills through quality teacher training classes & teaching skills workshops.
- Access specialized workshops with acclaimed International Teachers.
- Delve into yogic philosophy, anatomy and safe movement principles.
- Develop a personal asana practice including meditation and pranayama.

### Individual Learning Program

- Pay-as-you-go. No up-front tuition.
- Design your own flexible and realistic schedule to fit into *your* life.
- Develop your program to match your yoga interests.
- Explore your teaching style and find your voice.



### Apprentice Style Mentorship

- Study with qualified and experienced Senior Teachers across Alberta.
- Choose a personal mentor close to home in your preferred hatha yoga lineage and style.
- Be welcomed into an inclusive and co-operative community.

### Professional Recognition & Upgrading

- Continued mentorship and worldwide upgrading opportunities.
- Aspire to excellence with certification at 500, 750, and 1,000-hour levels.
- Yoga Alliance registered school at RYS200 and RYS500 levels.

### Equivalency Certification

- Credit for Teacher Trainings or Certifications from other institutions can be applied towards obtaining YAA Certification.

## SCHEDULE

**Start anytime!** The sequence of classes repeats every two years and new students may join in on any date. The YAA-TTP has recently completed a curriculum reorganization. Note that class numbers may not correspond to previous years' listings. All classes will contain asana, pranayama, meditation, and philosophy components.

All TTP classes & workshops are currently being offered in-person at the Percy Page Centre in Edmonton (subject to provincial health protocols), with the option to join remotely via Zoom (livestreamed only – no recordings available). Please check the Yoga Events page of the YAA website (yoga.ca) for the most up-to-date information.

### Core Curriculum Classes

Saturdays, 9:30am-3:30pm

Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom

Sep 18, 2021	Class #6	Supine/Core Poses; Yoga Sutras Pada 1 w/ Teddy Hyndman
Nov 20, 2021	Class #7	Hip Openers; Yoga Sutras Pada 2 w/ Neil Haggard
Dec 11, 2021	Class #8	Forward Bends; 8 Limbs of Yoga Overview w/ Teddy Hyndman
Jan 22, 2022	Class #9	Standing Balances; Yamas w/ Marcia Langenberg
Feb 12, 2022	Class #10	Twists; Niyamas w/ Karen Hamdon
Apr 23, 2022	Class #11	Shoulder/Arm Focus; Bhagavad Gita w/ Karen Hamdon
May 14, 2022	Class #12	Backbends; Gunas and Koshas w/ Neil Haggard

### Teaching Skills Workshops

Friday 7-9pm, Saturday & Sunday 9am-5pm

Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom

Oct 1-3, 2021 Fall Teaching Skills w/ Marcia Langenberg

Mar 25-27, 2022 Spring Teaching Skills w/ Beth McCann

Teachers and teachers-in-training are welcome to attend YAA-TTP Classes & Workshops to fulfil upgrading requirements.

Hours may be counted towards the YAA Teacher Training Program, Recertification and/or all Advanced Training Levels.

We offer YAA Certification with credit for previous trainings.

We invite your questions. For more information email [cert@yoga.ca](mailto:cert@yoga.ca) or visit [yoga.ca](http://yoga.ca).

**REGISTER: YOGA.CA OR 780-427-8776**

## Living Yoga: Senior Teacher Judi Mirus

Interview by Marcia Langenberg

*Writer's Note: Judi Mirus has been a longstanding member of the Yoga Association of Alberta, and has served on its board as Vice-President and has sat on the Teacher Training Certification Committee and Yoga Bridge Editorial Board since the early 1990s. She also has served on the board of the Canadian Iyengar Yoga Association (IYAC)/Association Canadienne Yoga Iyengar since its founding and consecutively as a member of its teacher training committee and as onetime Chair of the Teacher Training and Certification Committee. Judi received her YAA teacher certification in the 1980s and the first of five IYAC certifications in the 1990s. This interview was focused around what she has experienced as she travels along the path of her yoga journey.*

**Marcia: What drew you to yoga?**

**Judi:** I was raised a Catholic. I attended a Jesuit University my first 2 years and was exposed to Thomistic Philosophy (methods and principles inspired by Saint Thomas Aquinas), with a special emphasis on the writings of Teilhard de Chardin.

Then I went to the University of Minnesota and majored first in Humanities (undergrad) and American Studies (grad), both of which exposed me to a broad spectrum of ideas — experimental education, American history, history of religion and existential philosophy, and literature.

As well, someone in the family was mentally ill.

I think these factors configured my interest toward psychological/philosophical disciplines, and made the mystic orientation underlying Indian thought — *Upanishads*, etc.— a big part of my attraction to Yoga in general.

**Marcia: When did you start studying yoga?**

**Judi:** I took a Yoga class from Rae Bittorf when I was pregnant and attended a class with Friedel Khatlab postpartum. After that, I took classes with Liz McLeod through the University of Alberta's Campus Recreation program. Gradually I picked up classes with Teddy Hyndman at McKernan Community Centre. Her practices were focused on asana exercises like Liz's, but Teddy related yoga to its underlying ideas.

**Marcia: What drew you into the Iyengar Tradition?**

**Judi:** I had never done anything structurally "athletic" before experiencing Liz's approach to asana. Her dedication to Iyengar's teaching and to him was absolute and her asana teaching was strictly his approach. It gave me an experience of my body I hadn't had before. Without understanding why, I recognized "this worked for me".

Iyengar's way of studying/practising asana aligned physical with mental and psychological experience. I didn't know then about the philosophy of yoga, about Patañjali or *Samkhya*, but this body-mind integration motivated me to continue. Otherwise I would have gone on to something else. Eventually I came to understand that intellect as brain isn't the same as intellect as Mind/*buddhi*. As I understand it, Mind as intelligence is distinct from *manas*, which is intellect as mental function. This was central to why Iyengar's approach worked for those who studied with him.

The Iyengar Tradition is based on the phenomenological — i.e. the experience of mind and body. Iyengar often said that yoga is a subjective science; *science* in the Indian as well as in the Greek understanding, means knowledge.

**Marcia: How did your yoga practice in the Iyengar Tradition continue to evolve?**

**Judi:** Gradually, I started to meet and work with other Canadian Iyengar yoga teachers.

Early in my Yoga experience I took workshops with Father Joe Pereira, a Catholic Priest from India

who studied with Iyengar and Mother Theresa. He had family and friends in Medicine Hat and maintained a regular connection to Yoga in Alberta.

Through my associations with Liz, Teddy and Father Joe, I got a concrete idea who this person, Mr. Iyengar, was. This further developed when I met Bruce and Maureen Carruthers, early senior Iyengar teachers who had studied with Mr. Iyengar in Pune, India. Their relationship with Iyengar and understanding of his work connected me to Iyengar as a teacher of yoga as a spiritual discipline.

Studying with them a few times at their ashram on Galiano Island, BC, extended my interest and understanding of Yoga in general and Iyengar's teaching in particular. As well, I met students and teachers from across Canada. Bruce's approach drew on more of my background, and now I could practice and learn with a larger Canadian Iyengar Yoga (IY) community.

Liz invited BKS Iyengar to Edmonton to give a national conference in July 1990. That catalyzed a discussion about whether to set up a national association, like other countries already had done, or to continue as an independent community. For two years there was a discussion about whether and how to formalize Iyengar Yoga in Canada. Ultimately, a Canadian Iyengar Yoga Teachers Association was set up in the early 1990s, which evolved into the Iyengar Yoga Association of Canada for teachers and students.

**Marcia: What motivated you to go to India and to study at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, Maharashtra, India?**

**Judi:** At the Edmonton conference, BKS Iyengar was a very real and formidable presence. He also was direct and approachable, and it seemed plausible to find out what it might be like to study in India. After having met people who had experienced his teaching at RIMYI, like Liz and the Carruthers, I registered for the Canadian Intensive in 1991. It was a month-long, 5 days a week intensive. Bruce was the organizer.

In 1993, Iyengar came again to Canada to teach in Toronto. These first years of the 90s is when he appointed Canadian teachers as assessors to

spearhead certification. They had to be over 54, i.e. old enough to have experience and judgment, and to have studied with him in Pune when he first built the Institute in memory of his wife, Ramamani.

**Marcia: What was it like to meet Iyengar in India?**

**Judi:** I went to India the summer after Liz died.

Iyengar was not teaching classes formally by then, except on special occasions like Guru Purnima, a national holiday, or his birthday. He had, I heard it said, began his next *ashrama*, a Hindu social model of life's stages, of which this one is a form of retirement self-study. Every morning he was in the hall (main studio) practicing for hours, imperturbable and unobtrusive, so still you could miss noticing him, unless he interjected a comment on what was being taught or made a wider point to augment the teaching of his daughter, Geeta.

I felt I should thank him in person for sending his condolences to the Edmonton community when Liz died. He was a short man with long limbs; but he seemed to tower over me, and I was surprised how much stature he projected and so casually. He had long hair, which made him more formidable and intimidating. When I walked up to him, in my nervousness, I reached out to shake his hand. Big Indian social *faut pas!* He was so gracious. He just held my hand, smiled broadly and waggled his head, as I said, "Thank you. Thank you. Thank you for everything." I gave him a chocolate bar because



BKS Iyengar, Bruce Carruthers and Judi Mirus  
Final Reception For Canadians RIMYI 1992

I had heard that he liked chocolate. How lame was that? This is how simple and gracious he was.

I was always amazed that his presence was so public. Every afternoon he would go to the old library in the basement of the Institute, to study, write, answer correspondence and to receive anyone who wanted to talk to him. Often he'd stop what he was doing at his desk to explain something to those working there. Otherwise, he worked there without interrupting his work.

If someone came to visit him who was highhanded, he was highhanded right back. On the other hand, during one visit I had met two teachers from England who had brought their teacher's ashes to be blessed. I took the two of them down to the library. They were so nervous, but he received them with open arms and arranged for his driver to take them to a large temple beside a river outside of Pune to distribute her ashes.

**Marcia: When did you decide to become an Iyengar teacher?**

**Judi:** I'm not sure it was a decision so much as being an active part of the association committee, chaired by Toronto Senior teacher Marlene Mawhinney, to develop a formal, registered document for teacher training and guidelines for the process of becoming certified. It ended up being a consequence of encouragement from colleagues, like Teddy, and my own commitment to practice and study.

All teachers who had studied with Iyengar in Pune were part of a first group-assessment, somewhat informal where peers evaluated each other. Later Iyengar appointed a formal assessment body from among the older teachers in this group.

The first official Association assessment based on the teacher training and guidelines document took place in Edmonton at a former convent on 82 Ave. It was where I was assessed for the first time.

**Marcia: Where are you now?**

**Judi:** Since Iyengar's death in 2014 and Geeta's death immediately after the Centennial Birthday Celebration for her father in 2018, I had a sense my practice and understanding was evolving away from formal classroom teaching.



(F) Wanda Scaravelli, BKS Iyengar,  
(B) Judi Mirus, Teddy Hyndman

In the spring of 2019, just before the Iyengar Yoga Centre in Edmonton closed because of Covid-19, I was diagnosed with Rheumatoid Arthritis. It gave me a surprise injection of bodily vulnerability and a pretty personal 'directive' that it was up to me to take Iyengar's message before he died to move my own *sadhana* (spiritual path) forward.

Covid-time has refocused my understanding to examine closely, to reflect forward and backward. Abhijata Iyengar, Iyengar's granddaughter, was scheduled to teach in Canada that summer; she redirected her teaching to zoom courses, after making clear that this is an interim form of transmitting the tradition of her grandfather's teaching. Abhijata began this initial pandemic workshop with a remark that widened my appreciation of what I had to address for myself in the context of this sudden inflection point: "It's high time we adjust our relationships."

The systemic nature of this arthritis is restricting my ability to perform asana as before and makes me redirect and rehabilitate my physical energy towards healing, towards reintegration. A year of accumulating asana configurations hasn't worked as it used to, to adjust an injury or an ailment. It includes playing with psychological and mental disorientation. Sometimes it feels like my previous practice was a dry run for this. I don't yet feel confident to teach virtually this way. It reminds me of something Iyengar said: "Disease fragments, integration heals."

I really think myriad approaches to carrying on with asana classes virtually have yielded some

good practices and will contribute to the evolution of *sadhana*. *Sadhana* isn't just a forward trajectory, I think, but reflection and study — to go back and step forward, in and out.

In particular, to work as the Iyengars have demonstrated in special needs contexts, the process of integration will still have to be personal. At this juncture, until I regain my ease and stability across the *koshas* (body sheaths), from what authority and understanding can I teach?

So, I do not want to be a teacher trainer at the moment, nor to teach asana classes in a studio context until I'm not distracted by the *vritti*-state (fluctuations) of my asana, which teaching preparation still compounds. Rather, I am happy to be a resource, a mentor to provide information, to say as a friend, "You are not ready." or "You are ready." But students who want to train, to apprentice to teach, would do well to find a friend who can lead them.

There is an institutional directive: "don't teach anything that isn't Iyengar yoga." I understand that's meant to keep us from making casual or self-serving interpretations of the teachings of Iyengar and his family. He took a huge amount of responsibility for what he studied and taught. Before he died, he challenged us to do the same: "Now it is your turn."

In our own turn, we must do all we can to study and practice, *atha yogaanushasanam*: "now begins the exposition of the sacred art of Yoga," Yoga Sutra, I.1 (BKS Iyengar 1993 p.44). *Atha* announces a prayer or blessing and *anushasanam* declares that codes of conduct or guidance follows in the teaching of the text for cultivating one's ethical and spiritual life through the sacred art of yoga.

It's presumptuous to assume that one can take a turn from a guru like Iyengar, but that's the idea underlying yoga.

**Marcia: What texts have you been drawn back to?**

**Judi:** I have been drawn to refer back to many things that I read earlier and to others I had dismissed because I felt they were "religious." Religions and scriptures are means of self-study,

unless they become dogma and then they aren't. A lasting example is the *Bhagavad Gita*, from which Geeta personally studied and taught. Another is Ashvaghosa's *The Awakening of Faith*, which comes from Mahayana Buddhism.

Staying enclosed by any system is an impediment. I get more now out of what Iyengar taught by having access to these other approaches to knowing. It gives me more faith, not the idea of subscribing to articles of faith, but the faith (*śraddha*) that is behind his teaching that opens my access to other practitioners of spiritual discipline who had searched across the same kind of thinking. Iyengar was constantly studying across the spectrum of *shastra* (Yoga texts). Part of his heritage was from the teaching of Ramanuja—theologian and philosopher from Tamil Nadu, India. Besides continual study of Patañjali, he clearly respected Ramana Maharshi, Indian sage and *jivanmukta* (liberated being) and Mahatma Gandhi, leader of India's non-violent independence movement against British rule.

These are all human systems. I know that as long as I know, it doesn't mean that I know. If I have an inkling... I mean to continue to observe, reflect, practice. That's the very least of what I owe to what I learned and learn from working with the Iyengars.

"The happiest human being is s/he who binds the end of life with its beginning." (Goethe, 1982)

References Cited:

Meanings of Sanskrit terms are taken from the *Encyclopedic Dictionary of Yoga*, Georg Feuerstein, NY, 1990, First Edition, Out of Print.

B.K.S. Iyengar, *Light on the Yoga Sutras of Patañjali*, Patañjala Yoga Pradipika, India, 1993.

Goethe *Lektüre fuer Augenblicke*, Frankfurt, 1982.

Marcia Langenberg has YAA Permanent Senior Teacher Certification, and teaches in Edmonton. Her email is [marcialangenbe@telus.net](mailto:marcialangenbe@telus.net). Judi Mirus has YAA Permanent Senior Teacher Certification and can be reached at [jj.mirus@gmail.com](mailto:jj.mirus@gmail.com).

## Gerda Krebs, “The Yoga Lady” on her 90th Birthday

by Shanti Prasad-Singh

In January of 2021, I had the honour and privilege to nominate Gerda Krebs, “The Yoga Lady”, for the Savita Shah Award through the Mahatma Gandhi Canadian Foundation for World Peace (Gandhi Foundation) with this essay. The Gandhi organization promotes peace and encourages non-violent action based on Gandhian principles through education, public awareness, collaboration, and building intercultural understanding.

The Savita Shah award was established by the Gandhi Foundation in honour of the late Savita Shah, an individual who was the personification of compassionate and selfless service to her community, with no expectation of recognition or reward.

Gerda is an individual who has selflessly served, and continues to serve her community, with no expectation of recognition or rewards. A yoga teacher for well over fifty years, Gerda Krebs is one of the early pioneers of yoga. She was instrumental in bringing yoga to the lives and hearts of Albertans, a long time before yoga was even recognized and certainly before it was mainstream as it is today.

Gerda was born in East Prussia in 1931. Growing up, she was trained in gymnastics by her father, who was also a gymnast. She emigrated to Canada in 1952 with her husband, Heinz, and she continued her career as a gymnast.

In the late 1960’s, she started to develop an interest in yoga after taking classes from Friedel Khattab, a well-known yoga teacher who started the first yoga school in Alberta. In 1970, she signed up for the first teacher training program with Friedel and over time, she became a certified Traditional Hatha Yoga teacher.

After completing her training in 1972, Gerda commenced her career as a Yoga Teacher in Sherwood Park. She started her own school, “Gerda Krebs Hatha Yoga Centre”, in her home on an acreage in Sherwood Park. She taught up to fifteen classes per week, including special classes for people with migraines and back pain. On behalf of the Yoga Association of Alberta, she also taught yoga in many small towns in Alberta, travelling via bus or small planes to remote locations. Over the years, numerous students and many teachers have trained with her through the “Gerda Krebs Hatha Yoga Centre”.

In 1975, she was approached by Shaw TV Network to host a Yoga TV series. The show, “Yoga Fits In”, was produced and hosted by Gerda and provided the opportunity for viewers throughout Alberta to participate in yoga classes in the comfort of their own living rooms. This show was often taped from Gerda’s living room on her acreage, with regular appearances by her cat. The show ran for twenty-five years, thus becoming the longest running yoga program in Canada. Gerda became known as “The Yoga Lady”.

In 2004, at the insistence of many students and teachers, Gerda published a book that she had started to write in 1978. At that time, she and her husband had decided not to proceed with publication because yoga was not as well-known or well-received as it is today. But proceeds from eventual sales of this book, “Yoga Fits In”, go to charity. The sudden loss of her husband in 2002 was a great tragedy but Gerda mentioned in her book that she and her husband shared the same spiritual beliefs, and he taught her strength and patience which gave her the courage to continue. Gerda fondly shared that her husband referred to yoga as “gymnastics in motion”.

From the early 1970s until the late 1990s, Gerda taught yoga from her home on the acreage. She retired for a short time and in 2001, at the age of 70, she resumed teaching yoga at the “Yoga For Today” studio in Sherwood Park. Today, close to ninety years old, Gerda continues to teach what she loves most, a traditional style of Hatha Yoga with an expert eye for bringing out the “best” in her students. Her years of service and dedication to the growth and continuance of yoga as a viable vehicle for improving physical and mental health are invaluable to many.

Gerda’s style of teaching focuses on the achievement and maintenance of good health. Many of Gerda’s yoga students have been taking her classes for decades and are forever grateful for her willingness to share knowledge and support, especially when undergoing health challenges. Her calm demeanour and teaching style, coupled with her wit and sense of humour, make each class a very enjoyable experience. Gerda has the gift of making each student feel special. She knows each one by name and quickly becomes cognizant of each new student’s individual health issues, if any. Whether one suffers from knee or shoulder pains, high or low blood pressure, or any other issues, Gerda offers cautionary advice or alternate yoga poses to ensure the student’s safety.

More notably, Gerda quickly becomes acutely aware of each student’s strengths – strengths that even the student is not aware that he or she possesses. Through encouragement (often firm encouragement), a student will discover that he or she can perform a pose previously considered difficult or impossible.

As one who has been fortunate to discover Gerda’s classes after my retirement three years ago, I was pleasantly surprised to discover not only Gerda’s unique teaching style, but the realization that she and her students are like “family”. Gerda’s care and compassion fosters an environment where discussion, before and after class, often turns to students comfortably sharing health experiences and advice with others.

After the last pose (*savasana* or relaxation pose), Gerda always ends the class with: “Thank you for

coming to the class. Without you there would be no class. Namaste! The good in me sees the good in ALL of you”.

To conclude, I firmly believe that, through Gerda’s life-long fervent passion for helping others to achieve and maintain physical and mental health, Gerda exemplifies the qualities that were also important to Mrs. Savita Shah after whom the Savita Shah award was named. It was my honour and privilege to nominate Gerda for this award.

*Shanti Singh has been practicing yoga for many years and started taking classes from Gerda in 2018, after she retired from her career as a Senior Management Accountant. Post retirement, she has focused on various volunteer activities and sits on a few Boards, one of which is the Mahatma Canadian Foundation for World Peace.*

*Tribute to Gerda from the Yoga Association of Alberta:*

THANK YOU for being one of the founding members of the YAA, and for all you still do!  
Happy Birthday and Love from the YAA Board,  
Staff and Members

**Gerda Krebs, Still Lighting the Way at 90**  
By Debbie Spence

**G** is for Giving, she gives from her heart  
**E** is for Enthusiasm, sharing yoga is her passion  
**R** is for Radiant, she lights up a room  
**D** is for Dedicated, a leader in yoga for 50 years  
**A** is for Adored, she is loved so much

**K** is for Kind, she is gentle and sensitive  
**R** is for Rare, there is only one Gerda  
**E** is for Energetic, she leaves us sitting in her dust!

**B** is for Bold – a pioneer of yoga in Alberta  
**S** is for Shining Light – Thank you Gerda, for lighting the way for us all.

# “DEEPENING OUR PRACTICE”

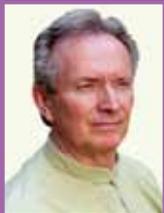
WITH **DAVID McAMMOND**



Sept 24-26, Dec 3-5 2021; Jan 28-30, Apr 1-3 2022

Fridays 6:30pm to Sundays 3:30pm  
Providence Renewal Centre, 3005-119 Street, Edmonton

Or online, via zoom, reduced hours, depending on COVID situation.



We shall explore asana, *pranayama*, meditation, philosophy, restorative and therapeutic yoga to foster quiet reflection and personal growth.

Suitable and beneficial for teachers, students and serious practitioners.

Try it once or join us for a series of ongoing retreats!

David McAmmond (Calgary) is an internationally recognized senior teacher with 50 years meditation & yoga experience. His book “Yoga Therapy for Backs: A Practical Guide” is gaining wide recognition (<http://www.yogainfo.ca/>) The “Deepening our Practice” retreats have been offered uninterrupted since 2001.

Register at the Yoga Association of Alberta website <https://yoga.ca/product-category/workshops-classes/>

Or contact Anita (780) 432-7152; [sielecki@hotmail.com](mailto:sielecki@hotmail.com), for updated information on format, schedule & adjusted cost.

## YOGA THERAPY FOR BACKS A PRACTICAL GUIDE

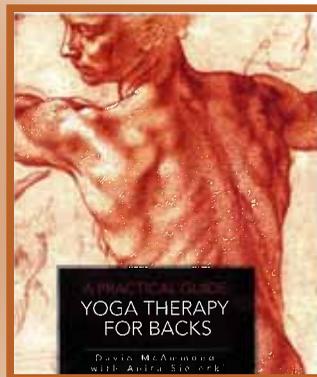
by David McAmmond / Anita Sielecki

\$38 YAA members

Online: [yoga.ca/yaa-store/](https://yoga.ca/yaa-store/) or [yaa@yoga.ca](mailto:yaa@yoga.ca) or 780-427-8776

“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



## THE YOGA ASSOCIATION OF ALBERTA (1976)

YAA Membership is open to ALL - teachers and non-teachers.

\$10 Associate Membership (electronic copy)

\$30 Full Membership: (mailed newsletters).

PAY ONLINE AT: [yoga.ca](https://yoga.ca) and click on membership page.

First time members receive FREE Associate membership for a year!

Send your name, email, city and postal code.

# SAVE THE DATES: YAA EVENTS

### 2021 Senior Teacher Showcase Ad p. 5.

FREE for all YAA members. Twice Monthly online classes with YAA Senior\*\* Teachers. Get to know Alberta's best teachers.

### YAA-TTP Classes in 2021 & 2022 Ad p. 20-21.

September 18 In-person & Zoom workshop w/ Teddy Hyndman\*\*. 2021: Nov 20, Dec 11; 2022: Jan 22, Feb 12, Apr 23, May 14. Mentor with highly qualified YAA Certified Senior teachers. Learn at your own pace, tailor to your schedule and “pay as you go”. Start anytime!

### Deepening Our Practice w/ David

### McAmmond\*\* Ad p. 28.

Sep 24-26/22, Dec 3-5/21; Jan 28-30/22, Apr 1-3/22. Learn from this internationally respected teacher. Try one retreat....you will feel nurtured by & connected to the Alberta yoga community.

### Teaching Skills Workshop Ad p. 21.

October 1-3, 2021 (Marcia Langenberg\*\*) & March 25-27, 2022 (Beth McCann\*\*) Students & teachers welcome. Learn the art of teaching yoga and refine your skills.

### iRest w/ Richard Miller\*\* Ad p. 2.

October 14-20, 2021. A life-transformative retreat w/ internationally renowned teacher Richard Miller\*\* (USA) at the “Returning to Source: The Deep Teachings of Meditation—A Livestream Retreat”. Check website ([yoga.ca/yaa-store/](https://yoga.ca/yaa-store/)) for updates. The 2020 Online workshop event was exceptional. Not to be missed. You won't be disappointed.

### Yoga-Chi w/ Paul Yapp\*\* Ad p. 30.

Oct 23, 2021 & April 9, 2022. Paul integrates the disciplines of Yoga, Tai Chi and Chi Gong.

### Desikachar Lineage Workshop Ad p. 18.

October 30, 2021 Workshop taught by YAA Senior Teachers Marcia Langenberg\*\* and Barb Hagen\*\* in the tradition of T.K.V. Desikachar. All levels welcome. Zoom platform and In-Person

### Know Your Yoga Body Ad p. 5

Starts November, 2021 Five 3-hr video modules of anatomy and physiology w/ Paula Carnegie Fehr\*\*. Certificate of Completion/TTP credit if optional assignment is completed.

### Yoga Like a Kung Fu Master Ad p. 36.

November 6, 2021 Practice Yoga Like a Kung Fu Master with Jennifer Bustin, YAA Certified 2007 and assisted by Ken Read, 7th degree Uechi ryu black belt. 10:30-noon. \$30. Revitalize your yoga experience and leave the workshop refreshed and relaxed.

### 2022 AGM Ad p. 12.

April 30, 2022. Board Elections and FREE workshop w/ a YAA Senior Teacher (TBA). Noon-3:30pm. Please register: [yoga.ca/yaa-store/](https://yoga.ca/yaa-store/) or 780-427-8776.

ALL EVENTS ARE SUBJECT TO CHANGE IN FORMAT OR CANCELLATION DUE TO Covid-19.

REGISTER: [yoga.ca/yaa-store/](https://yoga.ca/yaa-store/)

INFORMATION & TO REGISTER: 780-427-8776 OR [YOGA.CA](https://yoga.ca)

## IN MEMORIAM: SANDRA PARR



Sandra Parr passed away on July 13, 2021. She was a lifetime member of the YAA, and served on the YAA Executive as Treasurer from 2005 – 2011. She worked in the office as a volunteer, helping to

catalogue the library and perform office tasks.

Sandra, a YAA Senior Teacher with Permanent Certification, focussed her teaching on body awareness, meditation and pranayama. She followed Kriya Yoga in the tradition of Roy Eugene Davis, for whom she organized two visits to Edmonton through the YAA. She was also a student and practitioner of Ayurveda and taught Desikachar style asana.

Sandra sincerely cared about people and particularly about her family. One of her close friends, Angelika Hoffman, wrote the following poem about Sandra.

### *Sandra is Called Home*

*Come  
Sit at my feet  
Lay your head on my lap  
Let me gently stroke your hair  
No need to speak  
I accept you exactly as you are  
Perfectly Imperfect*

*And there I rest  
Tears flowing  
Loved  
All I ever wanted to know was love  
I rest immersed, soothed, healing within love's embrace  
Like a butterfly patiently emerging from a cocoon,  
I am content to be  
I am content*

*I am*

## 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?

**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**

**October 23 ,2021  
or April 9 ,2022  
Hatha Yoga &  
YogaChi  
w/ Paul Yapp  
Percy Page Centre,  
Edmonton  
Room # 8, \$60;  
10-3 pm**

## CALENDAR ALBERTA

# Upcoming Events

**\*\* denotes YAA Intermediate or Senior Teacher Status; E=Edmonton; C=Calgary O=Online; YAA Members: No charge to advertise your events here and also on the YAA website; YAA Advanced Training Levels require that upgrading hours be taught by YAA Intermediate or Senior Teachers\*\* (or equivalent). ALL EVENTS SUBJECT TO CHANGE DUE TO Covid-19.**

### SEPTEMBER 2021

**Start the YAA TTP anytime! Ad p 20-21.**

- Sep O YAA Senior Teacher\*\* Showcase. Get to know Alberta's Best Teachers! Twice/month FREE online Zoom classes with a variety of YAA Senior Teachers. Livestream schedule will be emailed to registrants & posted at [yoga.ca/events](http://yoga.ca/events). Recordings available for a limited time. FREE for all YAA Members. Register: YAA 780-427-8776 or [yoga.ca/yaa-store](http://yoga.ca/yaa-store).**
- Sep Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom wksp dates at <https://workercise.com/therapists.asp>, [info@micromoves.com](mailto:info@micromoves.com). Ad p 18.**
- Sep 3-5. C Therapy Principles for Self Practice w/Eyal Shifroni. Calgary Iyengar Yoga. Reg. [calgaryiyengaryoga.com/workshopsnews](http://calgaryiyengaryoga.com/workshopsnews) or 403.457.4070.**
- Sep 5 E Free Yoga Day. 9am-1:30pm. Yoga Within #302, 8135-102 St. 780-450-9642. Details: [yogawithin.ca](http://yogawithin.ca).**
- Sep7-Dec21 C FREE Mantra Chanting w/Mantrini Mikuska at Harmony Yoga Pilates Studio, Tuesdays 7:30-8:45 pm. 403-809-1402; [harmonystudio@protonmail.com](mailto:harmonystudio@protonmail.com).**
- Sep 10 E Monthly Meditation w/Rebecca Hung. 7-8pm. \$18. #302, 8135-102 St. 780-450-9642. [yogawithin.ca](http://yogawithin.ca).**
- Sep13-17 E Weight Regulating Clinic w/Gerda Krebs\*\*. 5:30-6:45pm. \$80 (Yft members \$75). Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca); [yogafortoday.ca](http://yogafortoday.ca)**
- Sep 16-Oct 28 E Trauma Informed Yoga w/Jeremy Bell. 6:00pm-7:15pm. \$168. Yoga Within #302, 8135-102 St. 780-450-9642. [yogawithin.ca](http://yogawithin.ca).**
- Sep 17-18 O Finding the True Teacher Within, an Insight Meditation retreat w/ Heather Martin. \$30.00, plus *dana* (voluntary donation) for the teacher. Fri 6:45-9 pm; Sat 8:45am-5 pm). Zoom. Reg. <https://www.eventbrite.ca/e/finding-the-true-teacher-within-tickets-161551225063>. Info.: [edmontoninsight@gmail.com](mailto:edmontoninsight@gmail.com)**
- Sep 17 2021-Apr 3 2022 E 11<sup>th</sup> Annual 200-Hour Hatha Yoga Teacher Training and/or Deepen Your Yoga Within w/Melanie Checknita\*\*. #302, 8135-102 St.780-450-9642. Details: [yogawithin.ca](http://yogawithin.ca).**
- Sep 17-19 C A Weekend w/ Senior Iyengar Yoga teacher, Marlene Mawhinney. Reg/ details: [calgaryiyengaryoga.com/workshopsnews](http://calgaryiyengaryoga.com/workshopsnews) and/or 403-457-4070**
- Sep 18 E/O YAA TTP Class #6: Supine/Core Poses; Yoga Sutras Pada 1 w/Teddy Hyndman\*\*. 9:30am-3:30pm. \$80. Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Register YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad p. 21.**
- Sep18-Dec19 Strathmore. Weekend RYT 200 Hour Yoga Teacher Training w/South Okanagan Yoga Academy. Classical yoga program. Sat & Sun every 2<sup>nd</sup> wknd. \$3200+gst - Early reg. save \$300. Teacher Refresher ½ price. Info: Becky 403-710-4294. [soyayoga.com](http://soyayoga.com), [info@soyayoga.com](mailto:info@soyayoga.com)**

- Sep 19 **C Family Yoga** from 11am-12 pm. AND Yoga Workshop for the Neck from 1-3pm w/Mantrini Mikuska. Harmony Yoga Pilates Studio. 403-809-1402; harmonystudio@protonmail.com.
- Sep 19 **E Guided Imagery Healing Journey:** The Gathering w/Anne Belohorec. 11-12:30pm. \$30 (Yft members \$25). Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Sep 24-26 **E/O YAA Deepening our Practice Retreat Series w/David McAmmond\*\*:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 1pm. Location TBA (Providence Renewal Centre or live online); check for updates at: [yoga.ca/product-category/workshops-classes/](http://yoga.ca/product-category/workshops-classes/) Info.: Anita 780-432-7152. Ad p. 28.
- Sep 24-26 **E Teaching Yoga for Children** w/Rita Maltais. 9:30-4:30pm. \$400. Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Sep 25 **E Reconnecting after Covid** w/Jeremy Bell. 6pm-9:30pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.
- Sep 25 **C Stressbuster Yoga** w/Mantrini Mikuska at Harmony Yoga Pilates Studio, 7:30-9 pm. 403-809-1402; harmonystudio@protonmail.com.
- Sep 25&Oct 30 **O Introduction to Yoga and Exercise Science. Anatomy 101 & 102** w/Lisa Workman. 9-noon. \$120. Info@lisaworkman.com. Ad p. 8.
- Sept 26 **E 14 Basics w/Gerda Krebs\*\*.** Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Sep 26- Jun 12 **E 30hr Hatha Yoga Training** w/ Gerda Krebs\*\*. 12:30-3:30. \$495 (past 30 hr students \$247.50). 780-416-4211; info@yogafor-today.ca; yogafortoday.ca

## OCTOBER 2021

Start the YAA TTP anytime! Ad p 20-21.

- Oct **Life Anatomy - It's FUNCTIONAL** w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p 18.

- Oct **O YAA Senior Teacher\*\* Showcase. Get to know Alberta's Best Teachers! Twice/month FREE online Zoom classes with a variety of YAA Senior Teachers. Livestream schedule will be emailed to registrants & posted at [yoga.ca/events](http://yoga.ca/events). Recordings available for a limited time. FREE for all YAA Members. Register: YAA 780-427-8776 or [yoga.ca/yaa-store](http://yoga.ca/yaa-store).**
- Oct 1 **E Monthly Meditation** w/Rebecca Hung. 7-8 pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.
- Oct 1-3 **E/O YAA TTP Fall Teaching Skills Workshop w/Marcia Langenberg\*\*.** Friday 7-9pm, Saturday/Sunday 9am-5pm. \$225. Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Reg. YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad p. 21.
- Oct 2-3 **E Online Trauma Informed Teacher Training** w/Jenn Cardosa. Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Oct 3 **E Nutrition at 90** w/Gerda Krebs\*\*. Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Oct 3 **C Yoga Workshop for the Hips** w/ Mantrini Mikuska at Harmony Yoga Pilates Studio. 1-3 pm. 403-809-1402; harmonystudio@protonmail.com.
- Oct 13-17 **E 200hr Hatha Teacher Training Begins** \$3150 (\$500 non-refundable deposit). 9 month training. (Oct 13-17; Nov 12-14; Dec 10-12; Jan 7-9; Feb 4-6; Mar 4-6; Apr 1-3; Apr 29-May 1; Jun 4-6). Yoga for Today 780-416-4211; info@yogafor-today.ca; yogafortoday.ca
- Oct 14,21, 28 **E Growing in Self Compassion** w/ Glenda Sartore\*\*. 7-8:30pm. \$65 (Yft members \$60). Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Oct 14-20 **E YAA Returning to Source: The Deep Teachings of Meditation, a Live Streaming Retreat w/Richard Miller\*\* (USA)** [yoga.ca/yaa-store/](http://yoga.ca/yaa-store/) or Anita (780) 432-7152 for info. Ad p 2.

- Oct 15-17 **Yoga in Banff** w/Beth McCann\*\*. Fri 7:30-9:30pm, Sat 10am-5pm, Sun 9:30am-1:30pm. \$250. Banff Y Mountain Lodge-Great Room. jenn 403-431-5791. jwainman@telus.net
- Oct 18-23. **Rocky Mountain Retreat Intensive** w/Jawahar Bangera + Eyal Shifroni. Calgary Iyengar Yoga. Details: [calgaryiyengaryoga.com/workshopsnews](http://calgaryiyengaryoga.com/workshopsnews); 403-457-4070
- Oct18-Nov22 **O The Foundations of Mindfulness: Keeping It Simple** w/ Kat Boehm\*\*. Six-week online insight meditation course via Zoom. 7 to 8:30 pm. Offered by Edmonton Insight Meditation (EIM). Cost: \$30, plus *dana* for the teacher. Suitable for meditators at all levels. Registration closes October 11. For further information and to register, please contact EIM at [edmontoninsight@gmail.com](mailto:edmontoninsight@gmail.com).
- Oct 22-24 **E Chakra Yoga & Meditation Weekend** w/Leslie McKenzie. Fri 6-pm. Sat 12:30-6:30pm. Sun 9:30-4:30pm. \$175. (Fri only \$60). Yoga for Today 780-416-4211; info@yogafor-today.ca; yogafortoday.ca
- Oct 24 **E 3 hr Hatha Training** w/Gerda Krebs\*\*. 12:30-3:30pm. \$50 (Yft members \$45). Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca
- Oct 23 **E YAA YogaChi w/Paul Yapp\*\*.** A blend of Yoga, TaiChi & QiGong. \$60. 10-3pm. (Also Apr 9/22). Percy Page Centre, Edm. 11759 Groat Rd. Reg. [yoga.ca](http://yoga.ca). Paul 780-288-3388. Ad p. 30.
- Oct 23 **C Chakra Yoga & Meditation** w/Mantrini Mikuska at Harmony Yoga Pilates Studio, 7:30-9 pm. 403-809-1402; harmonystudio@protonmail.com.
- Oct 24 **C Family Yoga** w/Mantrini Mikuska at Harmony Yoga Pilates Studio, 11 am-12 pm. 403-809-1402; harmonystudio@protonmail.com.

- Oct 26/21-Feb 19/22 **Hybrid: Online & Immersion RYT 200 Hour Yoga Teacher Training** w/South Okanagan Yoga Academy. Online weekly Tues & Thurs 10-3pm ET, concluding with one week immersion in Costa Rica. Online classes recorded for missed sessions. \$3200+gst - Early reg. save \$300. Flights/accom/meals in Costa Rica extra. Becky 403-710-4294, soyayoga.com, info@soyayoga.com
- Oct 30 **E/O YAA Yoga in the Desikachar Lineage w/Barb Hagen\*\*, Marcia Langenberg\*\*.** *Sūtra I.20 śraddha (faith), vīrya (energy), smṛti (memory), samādhi (contemplative calm) on prajñā (wisdom).* Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. 9:30am-1:30pm. \$60/mem, \$70/non-mem. Info. Marcia 780-436-3767, Barb 780-991-4153. Reg. [yoga.ca](http://yoga.ca). Ad p. 18.
- Oct 31 **E Guided Imagery Journey:** Past Life Journey w/Anne Belohorec. 11-12:30pm. \$30 (Yft members \$25). Yoga for Today 780-416-4211; info@yogafor-today.ca or yogafortoday.ca

## NOVEMBER 2021

Start the YAA TTP anytime! Ad p 20-21.

- Nov **O YAA Senior Teacher\*\* Showcase. Get to know Alberta's Best Teachers! Twice/month FREE online Zoom classes with a variety of YAA Senior Teachers. Livestream schedule will be emailed to registrants & posted at [yoga.ca/events](http://yoga.ca/events). Recordings available for a limited time. FREE for all YAA Members. Register: YAA 780-427-8776 or [yoga.ca/yaa-store](http://yoga.ca/yaa-store).**
- Nov **O YAA Know Your Yoga Body w/ Paula Carnegie Fehr\*\*.** Five 3-hour video modules of anatomy & physiology. Certificate of Completion if optional assignment submitted (to fulfill 15-hr YAA-TTP anatomy req't). \$150 (\$200 Certificate). Start anytime after Oct 30th. Reg. YAA 780-427-8776 or [yoga.ca/yaa-store](http://yoga.ca/yaa-store). Info: Paula [hid-denmessages.ca@gmail.com](mailto:hid-denmessages.ca@gmail.com).

Nov **Life Anatomy - It's FUNctional** w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, [info@micromoves.com](mailto:info@micromoves.com). Ad p 18.

Nov 1 **YAA Deadline for Initial Certification and Recertification applications for January approval. Last chance to submit Grandfathering Applications for Advanced Training Levels or Permanent Certification. See [yoga.ca/grandfathering](http://yoga.ca/grandfathering). [cert@yoga.ca](mailto:cert@yoga.ca).**

Nov 5 **E Monthly Meditation** w/Rebecca Hung. 7-8pm. \$18. Yoga Within #302, 8135-102 780-450-9642. [yogawithin.ca](http://yogawithin.ca).

Nov 6 **O YAA Practice Yoga like a Kung Fu Master w/Jennifer Bustin, YAA certified in 2007, & assisted by Ken Read, 7th degree Uechi ryu black belt. Learn to apply Kung fu principles to your Yoga practice. Bypassing anatomical analysis, Kung fu principles connect you directly to elemental movement to bring you vitality, clarity, love, power, & fearlessness. 10:30-noon. \$30. Online workshop. Register: [yoga.ca](http://yoga.ca) Ad p. 36.**

Nov 10 **E 5 Chakra Meditation** and/or 5 Personal Asana Potential Human Variation w/Marla Ericksen. Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca) or [yogafortoday.ca](http://yogafortoday.ca)

Nov 11-12 **E The Artist and the Alchemist Sequencing for Yin Yoga** w/Marla Ericksen. Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca); [yogafortoday.ca](http://yogafortoday.ca)

Nov 13-14 **E The Constellation of Compassion: Yin Retreat** w/Marla Ericksen. Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca) or [yogafortoday.ca](http://yogafortoday.ca)

Nov 19-Dec 5, 2021 **Immersion RYT 200 Hour Yoga Teacher Training in MEXICO** w/South Okanagan Yoga Academy. Classical yoga program. \$3200+ st - Early reg. save \$300. At: Villa Xochipilli, Melaque, MEXICO. Accom/meals extra. Teacher Refresher ½ price. Becky 403-710-4294. [soyayoga.com](http://soyayoga.com), [info@soyayoga.com](mailto:info@soyayoga.com)

Nov 20 **E/O YAA TTP Class #7: Hip Openers; Yoga Sutras Pada 2 w/Neil Haggard\*\* 9:30am-3:30pm. \$80. Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad p. 21.**

Nov 20 **C Candlelight Yoga** w/Mantrini Mikuska at Harmony Yoga Pilates Studio, 7:30-9 pm. 403-809-1402; [harmonystudio@protonmail.com](mailto:harmonystudio@protonmail.com).

Nov 21 **C Family Yoga** w/Mantrini Mikuska at Harmony Yoga Pilates Studio, 11am-noon. 403-809-1402; [harmonystudio@protonmail.com](mailto:harmonystudio@protonmail.com).

Nov 21 **C Yoga Wksp. ~ Introducing the Nine Planets** w/Mantrini Mikuska. Harmony Yoga Pilates Studio, 1-3 pm. 403-809-1402; [harmonystudio@protonmail.com](mailto:harmonystudio@protonmail.com).

Nov 27 **O Introduction to Yoga and Exercise Science. Physiology 101** w/Lisa Workman. 9-noon. \$60. [Info@lisaworkman.com](mailto:Info@lisaworkman.com). Ad p. 8.

Nov 28 **E 3 hr Hatha Training** w/Gerda Krebs\*\*. 12:30-3:30pm. \$50 (Yft members \$45). 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca); [yogafortoday.ca](http://yogafortoday.ca)

#### DECEMBER 2021

Dec 3-5 **E/O YAA Deepening our Practice Retreat Series w/David McAmmond\*\*:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online). Updates check [yoga.ca/product-category/workshops-classes/](http://yoga.ca/product-category/workshops-classes/). Info.: Anita 780-432-7152. Ad p.28.

Dec 3 **E Monthly Meditation** w/Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 780-450-9642. [yogawithin.ca](http://yogawithin.ca).

Dec 11 **E/O YAA TTP Class #8: Forward Bends; 8 Limbs of Yoga Overview w/Teddy Hyndman\*\*. 9:30am-3:30pm. \$80. Rm. #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Reg.: YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad pg. 21.**

Dec 18 **C Yoga Nidra Evening** w/Mantrini Mikuska at Harmony Yoga Pilates Studio, 7:30-9 pm. 403-809-1402; [harmonystudio@protonmail.com](mailto:harmonystudio@protonmail.com).

Dec 18 **O Introduction to Yoga & Exercise Science. Biomechanics 101** w/Lisa Workman. 9-noon. \$60. [Info@lisaworkman.com](mailto:Info@lisaworkman.com). Ad p. 8.

Dec 19 **E 3 hr Hatha Training** w/Gerda Krebs\*\*. 12:30-3:30pm. \$50 (Yft members \$45). Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca) or [yogafortoday.ca](http://yogafortoday.ca)

#### JANUARY 2022

Jan 3-7 **E 5 Day Kundalini Clinic.** Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca); [yogafortoday.ca](http://yogafortoday.ca)

Jan 22 **E YAA TTP Class #9: Standing Balances; Yamas w/Marcia Langenberg\*\*. 9:30am-3:30pm. \$80. Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Register YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad p. 21.**

Jan 23 **E Advancing with Yoga** w/Gerda Krebs\*\*. Yoga for Today 780-416-4211; [info@yogafortoday.ca](mailto:info@yogafortoday.ca); [yogafortoday.ca](http://yogafortoday.ca)

Jan 28-30 **E YAA Deepening our Practice Retreat Series w/David McAmmond\*\*:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online). Updates check [yoga.ca/yaa-store/](http://yoga.ca/yaa-store/) Info.: Anita 780-432-7152. Ad p.28.

#### FEBRUARY 2022

Feb 5 - Sept 24 **C Hybrid: Online & Immersion RYT 200 Hour Yoga Teacher Training** w/SOYA. Classical yoga. Online Sat. 9-2pm MT, One week immersion near Calgary at end. Classes recorded for missed sessions. \$3200+gst. Early reg. save \$300. Becky 403-710-4294, [soyayoga.com](http://soyayoga.com), [info@soyayoga.com](mailto:info@soyayoga.com)

Feb 12 **E/O YAA TTP Class #10: Twists; Niyamas w/Karen Hamdon\*\*. 9:30am-3:30pm. \$80. Rm. #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Reg. YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad p. 21.**

Feb 27-Mar 5 **Restoration, Recuperation & Foundations Retreat** with Ty Chandler & Sharoni Fixler in Puerto Vallarta. Calgary Iyengar Yoga. Reg. [calgaryiyengaryoga.com/pvri](http://calgaryiyengaryoga.com/pvri) and/or 403-457-4070.

#### MARCH 2022

Mar 1 **YAA Deadline for Initial Certification & Recertification applications for May approval. Email [cert@yoga.ca](mailto:cert@yoga.ca).**

Mar 5-12. **C Level 1-2 Retreat** w/Ty Chandler & Sharoni Fixler in Puerto Vallarta. Calgary Iyengar Yoga. Reg/details: [calgaryiyengaryoga.com/pvri](http://calgaryiyengaryoga.com/pvri) and/or 403-457-4070.

Mar 12-19 **Level 2,3,4 Retreat** w/Ty Chandler & Sharoni Fixler in Puerto Vallarta. Calgary Iyengar Yoga. Reg/details: [calgaryiyengaryoga.com/pvri](http://calgaryiyengaryoga.com/pvri) and/or 403-457-4070.

Mar 25-27 **E/O YAA TTP Spring Teaching Skills Workshop w/Beth McCann\*\*. Friday 7-9pm, Saturday & Sunday 9am-5pm. \$225. Room #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Register YAA 780-427-8776; [yoga.ca](http://yoga.ca). Ad p.21.**

#### APRIL/MAY 2022

Apr 1-3 **E/O YAA Deepening our Practice Retreat Series w/David McAmmond\*\*:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online). Updates check [yoga.ca/yaa-store/](http://yoga.ca/yaa-store/) Info.: Anita 780-432-7152. Ad p.28.

Apr 23 **E/O YAA TTP Class #11: Shoulder/ Arm Focus; Bhagavad Gita w/Karen Hamdon\*\* 9:30am-3:30pm. \$80. Rm. #8, 3<sup>rd</sup> Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Reg. YAA 780-427-8776 or [yoga.ca](http://yoga.ca). Ad p. 21.**

Apr 30 **O YAA AGM on Zoom. Elections and Free Senior Teacher Workshop for YAA members. 12 - 3:30pm. Join the Alberta Yoga Community! Register [yoga.ca/yaa-store/](http://yoga.ca/yaa-store/). Ad. p. 12.**

May 14 **E/O YAA TTP Class # 12 w/ Neil Haggard. Details see Apr 23 and p. 21.**

**Practice like a Kung-Fu Master!**  
w/ Jennifer Bustin and Ken Read



**YAA 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 only 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 conclusion of the event.

**Kung fu principles bring vitality, clarity, love, power and fearlessness to your yoga practice and insights from ancient Buddhist martial spiritual training. You will learn to receive and express physical and spiritual power by working with the flow of Yin and Yang through the animal archetypes of Tiger, Dragon, and Crane.**

- 10:30-Noon
- \$30 Register at [yoga.ca/yaa-store/](http://yoga.ca/yaa-store/)
- Livestreamed on Zoom
- Information: 780-427-8776

## 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 Toole Peet & Co. Ltd. The members of the 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 [yoga.ca/certification/insurance-2/](http://yoga.ca/certification/insurance-2/). 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](mailto:lwills@toolepeet.com). You can also apply online at [yoga.ca/certification/insurance-2/](http://yoga.ca/certification/insurance-2/). Or call the YAA 780-427-8776 for further information. YAA membership required for duration of policy.

## BOASTING ABOUT BOLSTERS STRONG · STYLISH · UNIQUE OVAL DESIGN MADE IN ALBERTA BY THE YAA!



- Hand-made, unique design
- Locally made and sourced
- Multiple uses / applications
- Supports a personal yoga practice or for studio use
- 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
- Body can naturally mould around its oval shape, allowing for a gentle, even stretch
- Two durable covers: inner & outer
- Variety of colours and patterns
- Sturdy handle making it easy to pick up
- Inclusion of a stabilizing inner core keeps the padding in place even after years of use and also adds a comfortable, therapeutic firmness to the bolster.



- MEDIUM: \$70.00 +15 - \$67 each; 9" x 28" long
- LARGE: \$78.00 +15 - \$75 each; 11" wide x28"long
- SMALL: \$50.00 round, travel 6" wide x 22" long

# PROPS AND MORE



**BLOCKS**

**STRAPS**

**10lb SANDBAGS**

**MATS**  
Jade,  
Manduka  
Hugger  
Mugger,  
Zensation

**BOLSTERS - 3 sizes,  
assorted patterns/colours**

**PEDICURE SANDALS**

**EYEBAGS**

**MEDITATION BENCHES, CUSHIONS, BACK CHAIRS**

**JOY-A-TOES TOE SPREADERS**

**YOPA PROP CARRIERS**

**INDIA BLANKETS**

PRICES ON PAGE 39 & ONLINE [yoga.ca](http://yoga.ca)  
TEXT IN "RED" = props made in Alberta



# PURCHASE PROPS AT OFFICE OR ONLINE AT [yoga.ca](http://yoga.ca)

	Prices include GST \$\$
<b>BLANKETS</b>	
Mexican Blankets	12.-
Indian Blankets: white, cotton	47.-
<b>BLOCKS: Made in AB or BC</b>	
Chipped Green Foam Blocks: 2" x 8" x 12", 20 or more @ \$9.50	10.-
Lightweight Grey Blocks: 2" x 8" x 12", 20 or more @ \$11.50	12.-
Black Foam Bricks: 4" x 6" x 9", 20 or more @ \$13.50	14.-
Wood Blocks: 3" x 4.5" x 9"	22.-
<b>BOLSTERS: Washable cover. Hand-made Alberta with core. Assorted fabrics/colours.</b>	
Large Oval: 11" diameter x 28" long, members: 15 or more @\$75.00)	78.-
Medium Oval: 9" diameter x 28" long, members: 15 or more @\$67.00)	70.-
Small Round: 6" diameter x 22" long	50.-
<b>BOOK: <i>Yoga Therapy for Backs</i> by David McAmmond &amp; Anita Sielecki</b>	38.-
<b>CHAKRA BANNERS: white background</b>	32.-
<b>EYEBAGS: flaxseed, unscented, with washable cover, hand-made AB</b>	15.-
<b>JOY-A-TOES: soothing and healing stretch for your feet and toes (S, L)</b>	31.-
<b>MAGNESIUM: bath salt or spray; subtle energy.</b>	35.-
<b>MAGNETIC HEALING JEWELRY: necklaces, bracelets, earrings</b>	5.-/24.-
<b>MEDITATION</b>	
Wood Bench with folding legs: and-made AB	39.-
Back-Jack Chair: adjustable, supports back, washable cover	71.-
Crescent Shaped Cushions (Zafu): washable cover	73.-
<b>MATS &amp; CARRIERS</b>	
Tapas®: Travel, 68" or 74";	23.-/31.-/36.-
Jade Mats: Travel, 68", 74";	59.-/88.-/95.-
Manduka® Pro 71" or 85"; extra wide	137.-/166.-
Manduka® Pro-Lite: 71" or 79"	112.-/119.-
Manduka® Superlite Travel	59.-
Manduka® & Jade Hot Yoga Towels	25.-/35.-
Zensation EcoMat: recyclable, compostable, cushioned	39.-
Half Moon XWide and XLong Grey	40.-
YOPA® Matbags: backpack style holds all your props; drawstring or zipper	53.-
<b>NETI POTS: plastic and ceramic</b>	20.-/24.-
<b>NETI SALT (8 or 10 oz)</b>	5.-/10.-
<b>SANDBAGS (10 lb): assorted fabrics Hand Made AB</b>	22.-
<b>STRAPS: single thickness, India-slide buckle, white, black, blue; 20 or more @-.50</b>	7' x 1"; 7' x 1.5"; 9' x 1"; 9' x 1.5" 8-13.
<b>TONGUE CLEANERS: copper</b>	5.-
<b>WILSON METHOD MYOFACIAL YOGA BALLS (4 sizes included)</b>	85.-
<b>YOGA / PEDICURE SANDALS (toe-separators) S - XL</b>	47.-
<b>NEW AND USED YOGA BOOKS, CDS, DVDs, POSTERS AVAILABLE IN STORE</b>	



The Yoga Association of Alberta  
11759 Groat Road  
Edmonton, Alberta T5M3K6 CANADA