



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

YOGA BRIDGE

CONNECTING MIND & BODY

WINTER 2021 VOLUME 21 ISSUE 1



WINTER 2021



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October 14 –20, 2021

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

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

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

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Funding

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



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

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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 practicing all recognized yoga disciplines. Support is provided to members and local groups through:

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

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Article Submission Deadline: Consult with yogabridgenewsletter@telus.net. Newsletter circulation is approximately one month after deadline.

YOGA BRIDGE

EDITOR'S MESSAGE

YAA's Yoga Bridge:

Umbrella for all Traditions

By Dave Downing, Editor

I joined the YAA editorial board in 2018 and had the pleasure of working with former editor Norm Cowley and fellow members of the board for a couple of years. When the YAA executive were faced with the financial realities imposed by grant cuts and Covid-19, Debbie Spence asked me whether I might be interested in turning in my

volunteer position as board member in exchange for the volunteer position of editor. I agreed to do it because people like Debbie and Anita Sialecki have worked long and hard to ensure the YAA's continuation and the Yoga Bridge is an integral part of the YAA's connection with members. Helping others to communicate clearly in writing has been something I've done through the 45 or so years that writing has been my vocation. It isn't my first job as a newsletter editor but as my approach has been mainly technical, adjusting to a more informal style suitable to all audiences is a process....

Past editor Marcia Langenberg—who graciously agreed to rejoin the board after a very brief absence—said this about the role of the *Yoga Bridge* and the editorial board (Editor's message: *Yoga Bridge*—Autumn 2016):

"There are many paths to self knowledge, each with its own emphasis...even though the emphases of the paths and focuses of the practices vary, they are based upon the teachings of yoga for self-realization. From its inception, the YAA has published an Alberta-based newsletter as a means to disseminate the philosophy of yoga and its link to practice and to provide information about yoga events."

During the last 40 years, the *Yoga Bridge* editorial board has developed the newsletter by making

changes step by step according to the evolving yoga landscape in Alberta...over the years, changes have been made to improve the design and layout, the submission guidelines and the review process of submissions."

The editorial board currently includes me, three volunteer members and the executive director. We've been YAA members for years, we understand the scope of yoga, we have editorial experience and we want to make yoga accessible to all readers by helping writers to present their views in an engaging and concise way. My job is to work with Debbie and other members of the board to solicit articles from the yoga community. Then, I send the submissions around to the other board members for their comments, review the articles myself, share these comments with article contributors, review their responses and select articles to be included with the next *Bridge* edition. In Marcia's words:

"The volunteer members and executive director review submissions for appropriate content, for clear and coherent development of the main idea, for the correct use of elements of language (imagery, analogies) and of conventions of language (spelling, punctuation, grammar) and communicate their feedback to the editor. All the editorial board members proofread the whole newsletter just before it goes to print. The editorial board is committed to publishing a mosaic of diverse ideas in the *Yoga Bridge* in order to represent and to give voice to the many different traditions and styles practiced in Alberta."

The Winter 2021 edition follows the same theme as the Autumn 2020 edition. Covid19 is still very

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much a local and global experience, and several of the articles in this issue provide us with perspectives and tools we can use to help us cope with the physical, mental and spiritual dimensions of the changes we face.

Dave's had an interesting career as an ecologist in Alberta and the Northwest Territories. His perspectives changed for the better in 1996 when he was led to the right teacher at the right time and started practicing yoga. The pandemic has provided insights on service, self-study and surrender. Dave is a YAA certified teacher. The YAA welcomes Dave in his role as volunteer Yoga Bridge newsletter editor.



A Poem by Albert Camus

My dear, in the midst of hate, I found there was, within me, an invincible love.
In the midst of tears, I found there was, within me, an invincible smile.
In the midst of chaos, I found there was, within me, an invincible calm.
I realized, through it all, that...
In the midst of winter, I found there was, within me, an invincible summer.
And that makes me happy.
For it says that no matter how hard the world pushes against me,
within me, there's something stronger-
something better, pushing right back.

Albert Camus was an Algerian writer living in France during the Nazi occupation.

In Memorium:
Yoga Enthusiast Ernest Reinhold
August 8, 1922-October 25, 2020.

It is with deep sadness the family of Prof. Ernest Reinhold (Emeritus, University of Alberta) announce his passing on Sunday, October 25, 2020. Ernest has been a long-time supporter of the YAA and studied yoga with Mr. B.K.S. Iyengar. If one wishes to remember him in a tangible way, donations may be made the Nepal projects of Plan Canada (<https://plancanada.ca/nepal/>). To send condolences, please visit www.fostermcgarvey.com.

Yoga, A Path on Self-Study and Self-Knowledge

By Marcia Langenberg

An unsteady mind bombards us with ideas and goes around in circles ignoring what we are experiencing. Instead of paying attention to our experience, our fluctuating mind hovers over it, around it, behind it and/or in front of it. It avoids, suppresses, tries to get rid of, fix or create a different scenario, without first knowing its origin.

This mental dance is a form of self-rejection. Our experience is saying one thing, while our mind is turning away from it and consequently missing what it has to say. The experience, however, continues to rub up against us like sandpaper or to pull us down like a heavy boulder. It is an irritant or weight that won't go away and leave us alone. Fortunately, yoga offers a means by which we can reduce this suffering by getting control of our mind and by directing it towards our experience in order to learn from it through observation.

The first *sittha* in the second chapter of Pantanjali's *Yoga Sūtras* defines *krīya* yoga, the yoga of action. It is the path of discipline/effort (*tapas*), study of the self (*svādhyāya*) and surrender (*īśānpranidhāna*).

"The practice of Yoga must reduce both physical and mental impurities. It must develop our capacity for self-examination [sic] and help us to understand that in the final analysis, we are not the masters of everything we do." (TKV Desikachar 2003 p. 46)

Self-examination, as discussed in Pantanjali's *Yoga Sūtras*, involves the study of the ancient texts while reflecting on how the ideas relate to ourselves and/or on how we relate to them. They help us to know who we are, what we are and what our relationship to the world is. Self-study also

involves self-observation as a means to understand ourselves.

But what if we are turning away from ourselves and we don't want to study sacred or philosophical texts or observe ourselves due to strong misapprehension? What are we to do? The *yoga sūtras* tell us first to prepare our body, breath and mind for the study of a tendency or a habit through observation.

In yoga, we practice *āsana* (postures) and *prāṇāyāma* (conscious, deliberate regulation of the breath) to prepare our body and breath. *Āsana* develops steadiness and ease in the body (*Sūtra* II.46). *Prāṇāyāma* cultivates a long, uniform breath (*Sūtra* II.50).

To prepare our mind, we cultivate a receptive attitude. We do this first by meeting ourselves where we are at without preconceptions of where we should be, judgments about how we should be or ideas about what we should do. For example, if we are holding tension in our throat, abdomen or anywhere else in our body, we meet this constriction as it is with curiosity and compassion. As we pay attention to our sensation, we acknowledge it by naming it, such as tightness. Finally, we accept what we are feeling. Without acceptance, we will stay in a state of resistance towards our experience and continue to feel the abrasiveness or heaviness of it. When we embrace that part of ourselves that we have been ignoring, the conflict we have created with ourselves dissolves and our mind is appeased.

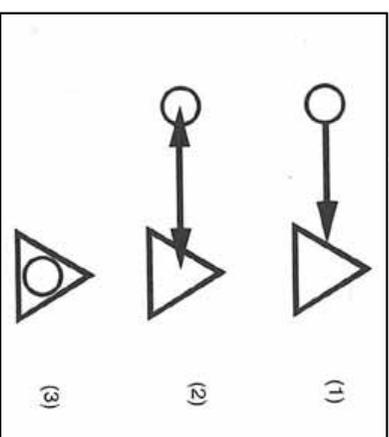
With a stable body, smooth breath and quiet mind, we are able to enquire into a part of ourselves that is uncomfortable. Our mind is no longer a cruel master, but a faithful servant of which we are in

change and can direct. Our mental descent into our sensations can now begin.

To penetrate our attention into our sensations, we direct our mind away from a myriad of sensory impressions, emotions and thoughts and start to concentrate it only on the object of our choice (*dhiṅmānā*), such as the tightness. Once this direction is fixed, a linkage with the tightness is established.

Keeping our mind focused on this sensation, we contemplate the tension by noticing sensory changes from moment to moment (*dhiyina*). This uninterrupted focus over a period of time results in the sensation communicating ideas back to our mind. For example, we may become aware of anger, fear or despair locked in the tissues of which we were previously not conscious.

At some point, we actually may become absorbed in our sensation (*samādhi*). In this absorption state the "...involvement with the object is so complete that nothing except its comprehension is evident." (T.K.V. Desikachar 1998 p. 70). Our identity with our name, family, profession, income, tightness, etc. is not present and thus, does not separate us from our chosen object. As well, we are no longer thinking about the tightness. Instead we are integrated with the sensation of the tightness. When this occurs, our



The progression from *dhiṅmānā*, via *dhiyānā*, to *samādhi*. TKV Desikachar, *The Heart of Yoga, Developing a Personal Practice*, p.70.

of low self-esteem is the root cause of the tightness. This understanding is direct, immediate and without distortion.

Intuitively becoming aware of the indelible imprinting of an undesirable habit in our subconscious (*samskāra*) can evoke relief and joy. It is an 'aha' moment of clarity about an unconscious script that has been influencing our lives.

Knowing our truth, we can take action to deliberately cultivate a positive habit. For instance, we can do something to promote self-worth, which in turn weakens our low self-esteem and releases the tightness. This action may be revealed to us while in *samādhi*, or at another time when we are doing a daily activity and not thinking about our self-esteem.

"The old texts say that in *samādhi*, *ra piṅṅī* prevails—that is, what is seen is the truth. This means that in *samādhi* we arrive at a real understanding of the object." (TKV Desikachar 1995 p. 115)

In a more subtle state of *samādhi*, we can become one with the pure awareness of our experience and with ourselves. When this occurs, we feel peace and blissful delight, and deep healing occurs.

Both states of the mind — this subtle state of pure awareness and the state of intuition and inspiration — are attainable by yogis who are advanced on the yogic path.

Our body is like our autobiography. All our life experiences are imprinted in it. Thus, the meditative practice of focusing on, contemplating and becoming immersed in our sensory experience is a means for knowing our truth (*satya*). This quest for our truth can be a challenging, but worthwhile journey.

The stabilizing and relaxing effects of the yoga postures and the breathing practices support us while we bring our senses under control (*pratyahāra*), and while we are in the states of concentration on, contemplation of and absorption with a sensory experience. If at any time this process becomes too difficult physically, emotionally or mentally, we can stop, take a break, give the experience up to a higher power

for guidance (*śīṅamprānāhāra*) and/or seek professional help.

The choice of what object to study is based upon what we want to understand and what we feel comfortable exploring. The object of muscle tightness in this article was chosen for the purpose of describing a step-by-step meditative, self-examination through observation process. This process is just one way to come to understand our experience.

Choosing the object of a personal tendency or habit is one that is not necessarily for everyone and should not be done without the guidance of an experienced teacher. The practice must be done according to what feels right, safe and non-harming (*ahiṃsā*) at all times. At some point, we may feel resistant to continuing the process or we may get the message not to go further. These responses are our intuition speaking. We must respect, accept and pay attention to these messages and stop the process, if necessary.

Parahitaji's Yoga Sūtras Chapter III offers other suggestions for objects, if we do not want to study a sensory experience.

"The object may be sensual or conceptual, simple or complex, tangible or beyond touch, in favorable conditions or against all odds." (TKV Desikachar 2003 p. 78)

Objects such as the sun, the origin of matter or the strength of an elephant, which are some of the suggestions in Chapter III, can act like the ancient texts in that we can observe how we are relating to these objects while

meditating on them. We also can read these ancient texts to enhance our understanding of what we observe; or we may choose to only study them as a way to come to know ourselves. The choice is exclusively ours.

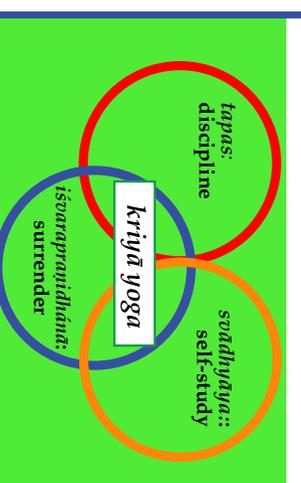
When we have clarity about ourselves and our relationship with the external world and we know what is true for us, we are able to live with authenticity, integrity and contentment (*santos*). Knowing our "Truth is the Heart of Yoga."

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 T. K. V. Desikachar with R. H. Cravens. 1998.

Desikachar Lineage with YAA Senior and Ry Antze Certified Tchrs Barb Hagen • Marcia Langenberg

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- **langenbe@telus.net**
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 Marcia Langenberg is a YAA Permanent Certified Senior Teacher who teaches in Edmonton. Her teaching is about Yoga, A Path to Self-Knowledge - External Symmetry & Balance; Internal Calmness & Clarity through Body, Breath & Mind Integration. langenbe@telus.net

What is Yoga Anyway?

A practice where body, mind and soul unite

by Dondee Campbell

“Yoga is an art, a science and a philosophy. It touches the life of man at every level – physical, mental and spiritual.” (Iyengar, page xvii)

Although often portrayed as a workout for bendy, bikini-clad beach goers, yoga is so much more than meets the eye. There are many different types of yoga with something for all shapes, sizes, levels and personalities.

Some begin with a focus on the body, others work directly with the intellect or go straight to the heart and then there’s yoga that focuses on integrating body, mind and heart. From the Sanskrit term *yuj*, which means to yoke or join the power of the parts into the service of the whole, yoga is both a practice and a goal.

The aim of yoga is to unite the mortal with the divine, to obtain *moksha* (liberation) or freedom from the suffering inherent in everyday life. So much more than just a physical practice, yoga is a

holistic system of training that develops a robust body, a clear mind and a free spirit.

Hatha yoga, a general term that includes most of what is prevalent in the West today, focuses primarily towards breath work and meditation (Yoga Association of Alberta, p. 6). The asana promote optimal health and well-being through a balance between strength and flexibility, stability and ease. Four major proponents of hatha yoga – all from the lineage of T. Krishnamacharya – each brought unique styles of practice from India to the West. T.K.V. Desikachar focused on the synchronization of breath with movement as well as customized variations of the classic poses and adaptations for individuals; B.K.S. Iyengar was known for his use of props for accessibility and his precise alignment details; K. Pattabhi Jois taught a strong vinyasa flow; Indra Devi, the first woman in

modern times to teach yoga, helped to popularize the practice through upper class celebrities early in her career before moving to Latin America. They all included pranayama (breath work), meditative practices and philosophical study, to varying degrees.

A multitude of other *lathia* lineages and schools have also gained popularity, some leaning more towards purification techniques or subtle energy flows. In the West today, *lathia* yoga classes can range in focus from biomechanics to energy-based, athletic to gentle restorative, hot to cool and yin to yang with an ever-expanding repertoire of brand names and trends.

Despite the Western focus on the physical form through *lathia* yoga, most other paths of traditional yoga primarily focused on mental training and meditation. *Jhana* yoga primarily uses the study of the mind itself in the pursuit of wisdom, through discrimination and discernment. *Tantra* yoga uses *mantras* (sacred chants), *mudras* (symbolic gestures) and *yantras* (graphic representations) to direct the mind (Feuerstein, pp. 119-124).

Raja yoga, expounded in the *Yoga Sūtras* by Patañjali sometime between 500 and 200 BC, outlined a systemized way to access mental clarity and expanded realms of consciousness through meditation (Iyengar, p. 1). Patañjali’s system begins at the physical with moral guidelines, constructive habits, proper posture and breath work, then draws the senses inward, works to concentrate, focus and stabilize the mind, and then leads to *samādhi*, an ecstatic merging or state of pure, blissful being, with or without form.

Even the physically focused *lathia* yoga, as traditionally practised, had a strong mental component, as it was originally intended to mould and purify the body to enable long periods of deep meditation without the distractions of pain or disease. Many modern lineages do integrate meditative teachings into their physical practice while it may be argued that those that strip it down to a purely physical practice would not be considered yoga at all, but may lead to more holistic practices in time.

Whether through the body, mind or both, all types of yoga ultimately aspire to a spiritual realization. Unlike some religious doctrines and practices however, yoga encourages an experiential and scientific self-exploration through body, mind and spirit. *Hathia* yogis strengthen, balance and purify the subtle energies of the body, not for the sake of physical prowess, egotism or vanity, but rather to transcend physical limitations, access paranormal abilities, access higher levels of consciousness and transmute the mortal vessel into one capable of communing with the divine.

Bhakti yogis give devoted offerings and cherish their chosen deity as the one true beloved. *Jhana* yogis pursue wisdom so that the Ultimate Truth may enlighten the mind. *Karma* yogis offer selfless service to those in need in order to connect with the divine. *Raja* yogis are invited to reflect on a deity or higher power, according to their own faith or predilections, and surrender to this higher will in order to reach the highest level of *samādhi*. Iyengar refers to this higher power as God and says Patañjali calls it the “Supreme Being” (p. 20). In *samādhi*, consciousness is liberated from its misidentification with the body and mind, reaching a state of enlightenment, sovereignty and ultimate freedom from mortal bonds.

Through the practice of yoga, the yogi attains the state of yoga, where the body, mind and soul unite. Within this ecstatic state of union, the yogi experiences Self-realization, a revelation of the true Self as being the consciousness that permeates all the parts.

The power of yoga lies in its ability to touch on every level, but that efficacy is often undermined by the West’s tendency to compartmentalization and its focus on physical appearance. Whichever path or lineage of yoga one chooses to follow, practice is an opportunity for an up-close and personal experience into the depths of the body, mind and soul, and an invitation to intimacy with divinity personified. With options for every physical constitution, mental aptitude and spiritual inclination, yoga combines science, art and philosophy into a holistic method of healing the individual and re-uniting the whole.



Yoga is a path of self-discovery that can condition the body, illuminate the mind and free the spirit and is accessible to anyone willing to look within for something that's more than what meets the eye.

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Donalee Campbell is a YAA Senior Teacher and TTP & Certification Co-ordinator. She teaches in Edmonton, Sherwood Park and Strathcona County. On her path of life-long learning, Donalee wrote this article as an assignment for an Intermediate Writing course through Athabasca University.

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HONOURING PAST PRESIDENTS

Kathy Nash -

Living a Life of Yoga

Interview by Dove Downing, Editor

The first assignment Debbie Spence gave me when I volunteered to edit this issue of the Yoga Bridge was to ask Kathy Nash to write

about her life as a yoga practitioner, teacher and long-time YAA volunteer. I sent a note to Kathy and she responded that she loved teaching and was very good at it, but writing ... not so much. "No problem," I replied, "just send me a bullet point list of what you want to say." She sent 20 concise one- or two-line sentences summarizing nearly 50 years of yoga practice and 40 years of teaching. But what were the choices and pathways that led to this impressive chronology of an energetic, curious and focused yoga *sadhika*? (ed note: a person who follows a spiritual path with discipline). I knew the answers would interest and inspire all of us, and an interview seemed like the best way to get them. We shared an hour via a popular internet chat service on the last day of summer 2020. Here's Kathy's story:

When did you discover yoga?

I grew up on a farm in central Alberta. In those days (1971) we had two TV stations. During summer vacation when I was about 11 or 12, after helping with chores all morning, we would come in for lunch. A yoga teacher named Karen Zeboroff had a half-hour show on CTV at 1pm and I asked my mom if I could watch it. She agreed, so I got to stay a bit late after lunch and discovered that I loved yoga from the start. It was a good workout, and emphasized forward bends, backbends and twists. Every day was something different. Mom encouraged me to draw stick figures of the poses in case the show went off the air if I wanted to keep

practicing but in 1972 Karen produced a book, the ABC's of Yoga, so I thought that.

When did you start teaching?

I taught one yoga class when I was in grade 11 or 12 to the physical education class at our high school. I remember that people enjoyed it (but it was only one class, and unsurprisingly few remembered it at our recent high school reunion). That brief encounter with teaching did inspire me to learn more. In 1980 I joined my first in-person yoga class at the community centre in Red Deer. Although yoga wasn't very popular back then, there were still 12 students. After that I found a lady in Red Deer who taught yoga in the basement of a dance studio to six students, myself included. She taught students to feel their way through poses by doing them with eyes closed. One day, she quietly asked me to open my eyes and look at the other students' positions in the forward bend we were doing. It turned out that I was the only one who was able to follow her verbal instructions without visual cues. This was apparently enough of a reason for her to turn the class over to me and move away. So I started teaching with really no experience.

It grew from there. In 1982 I taught her class, I had some private students and the Red Deer School Board asked me to teach about 12-15 students. In 1983 I approached Red Deer College and was hired to teach two classes a week there. A couple of businesses hired me to help employees deal with work injuries and stress. One of my major challenges was finding spaces to teach. I'd have to look for boardrooms, church basements and so on. In 1985 I taught yoga to staff at Red Deer

Hospital, mostly nurses in their early 40s dealing with stress and body issues. I would like to say that they benefited greatly, and perhaps I planted some seeds, but they worked shift work so it was hard for them to commit to a consistent practice. Consistency and continuity are the hardest parts of practice.

You became certified as a yoga teacher by YAA in 1989. When did you start training?

By 1983 my heart was set on becoming a yoga teacher. My dad asked me how I was going to make enough money doing that to support myself. I reflected on that question and decided it would be important to get a professional designation. In 1985 I enrolled in the YAA teacher training program, moved to Calgary and got a full time job to support myself. I spent all my disposable income on yoga training and continued to teach, with classes at the Calgary Herald, the Yoga Centre of Calgary (YCC) and the Calgary School Board (continuing education).

Workshops were an important part of learning and teaching. When I lived in Red Deer, I hosted workshops for my students and brought in professional yoga teachers like Liz McLeod from Edmonton and Violet Walton from Calgary. In Calgary, I attended whatever workshops were needed to become a certified teacher — anatomy, asana, pranayama,



meditation, philosophy, therapeutics and others. About 300 hours of training were required to become a certified teacher then.

I also started training internationally in about 1988. I wanted to travel the world to know more about the 'Big Picture' and what it was asking me to be. I explored as many varieties of Yoga as possible anywhere I travelled — to Europe, to Bali and later to India. I found that different cultures and environments infused my practice with a different perspective and energy than I got when practicing at home.

From 1988 to 1990 you were President of YAA. What were your major challenges and accomplishments? Who helped you out? What other volunteer involvements did you have with YAA over the years?

In 1988 I was a YAA representative for Calgary because I felt it was important to have a voice from southern Alberta, but I must have made an impression because I was politely but firmly asked to take over the President's position. In retrospect, at 28 years old I was too young and inexperienced to be elected as President. Being young and keen with a Pita can-do perspective, I took on the challenge, but it was a real steep learning curve. I was grateful to have mentors and friends like Margo Balog and other YAA members who helped me deal with the intercity politics and the day to day issues of a growing organization.

I left the position in 1990 because I got married and moved to Jamaica for a couple of years. I didn't teach there, but when we returned in 1992 I returned to teaching at the YCC, and my husband took his teacher training at the YCC and became a yoga teacher. (I wasn't involved in that — we're still married!) I served on the YAA's Central Committee before I was President. From the 1990's up until about 2010, I served on the YAA-TTP and Certification Committee and after that for a few years as a member at large. Debbie Spence was a lot of help then. I organized AGMs for a number of years when they were in Calgary, and presented workshops at two of them.

What other notable influences have shaped your understanding and practice of Yoga?

In 1992, I met Bob Smith, a yoga teacher who lived in Seattle, WA and had trained in Iyengar Yoga, but developed his own variant of strong yoga that he termed "eclectic Yoga." I was introduced to

it when he came to Calgary to teach a workshop, and for the next eight years I studied with Bob in workshops and classes he ran in North America and Bali.

From 2000 to 2007, I studied and practiced Anusara Yoga and travelled extensively throughout North America and Europe participating in workshops and classes. I was very close to obtaining my teaching certification, but didn't go through with it because I felt there was too much competition for position in the organization, so I left that path. There's nothing wrong with Anusara Yoga. It's a fine path that is still being taught, although not by its originator John Friend, and it gave me a lot of insights.

In 2003, I was introduced to Rajanaka Yoga, which is a Tantric approach to philosophy and practice developed by scholars and seekers in southern India. I study with Dr. Douglas Brooks, who was led on this path by his Guru for 15 years beginning in the late 1970s, then attended Harvard University and obtained his degree in Religious Studies. The focus of this approach is how to live in the world and develop a deeper appreciation and understanding of nature, culture and our individual experience.

Could you talk about life as a yoga teacher and business owner since 1995, when you opened your Calgary studio?

I taught classes and workshops at my Calgary location (Hatha Yoga with Kathy Nash, Inc.) until May 31, 2018 when my lease was up and I decided to close. That was a long time to be in business, but I loved it. I had a number of international yoga teachers visit, and offered three 3-year teacher training modules using YAA criteria. I was the only teacher in my business by choice. It takes a lot of dedication and energy to run a studio with employees for various reasons. Recently, I've been teaching a lot on Zoom to groups and to individuals. It is really heartwarming to have students, some of whom have been with me since the 1990s, participate in these classes and I am so grateful for that. The more I practice and teach,

the better I am able to explain yoga because my understanding deepens.

Finally, is there a thread that ties all of your experiences, training and teaching together? Is there one aspect of yoga that has been the motivating force?

I don't need to find the colour or taste of the thread you ask about in your question. I just know that it exists. I believe that there is something much bigger than me that guides me down my path. If I'm receptive to messages from the Universe, I might realize or appreciate a portion of the message and I'm grateful for that which has been revealed. There are other parts of the message that remain to be discovered.



That brings me to my final thought ... years ago in a workshop, Douglas (Brooks) mentioned that we know our past, present and future. This was profound to me. When I discovered yoga at such a young age, I already knew that it was to be my future.

Kathy Nash is a Senior Teacher with YAA and can be reached at kinsfnyg@hathmail.com (403)249-5920.

Dave Downing is volunteer editor of the Yoga Bridge and can be reached at quanzrs@telus.net

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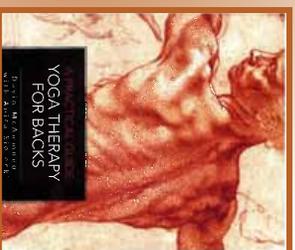
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COVID-19 and The Perils of Isolation

by Caroline Stewart

Editor's Note: This article is taken from a recent Facebook entry by Caroline Stewart. Although it doesn't explicitly refer to yoga, the sentiments expressed by the writer reflect both her personal understanding of the physical and mental dimensions of isolation and a shared human experience. Those of us who are fortunate enough to have a yoga practice might be grateful for the physical, mental and spiritual approaches we have available to cope with isolation and loneliness. The power of prayer is well known, please join me in sending prayers and good wishes to Caroline and others who are experiencing pain.

A couple weeks ago I tested positive for SARS-CoV-2 and have just emerged from isolation over the weekend. Like many of you, I knew almost no one close to me who had actually received a positive diagnosis. I'm not upset that I got it — far from it.

I am extremely grateful to my body for taking such incredibly good care of me, for helping me to adapt and build resilience, for reminding me again how stress affects my body and mind, and what I need to do to take better care.

No, it's not the virus or my body's natural response to it that caused problems for me. In truth, what I experienced was little more than cold symptoms with a few days of not being able to smell.

It was the isolation. Isolation is inhumane. It is the worst form of punishment and is both prevention. Chronic disease and compromised mental health are the real killers here. With the vast majority of serious complications and death related to at least 2 other co-morbidities, and harm related to mental disease, where is the focus on reducing risk factors and improving the health of those who need it the most?

I was and am willing to go along with the requirements, regardless of my personal needs, because I know the level of fear that our collective consciousness is dealing with right now and I have no desire to add to this. As someone who has experienced extreme anxiety in the past, I knew that my mental wellness would be very important during this time of separation.

It turned out to be more than I could handle. Being separated from my kids, as well as my partner within the same house, and not being able to physically reach for help when I so desperately needed it was a recipe for disaster...and sure, I've made it out the other side. It's all temporary, right? Wrong! Honestly, I'm still reeling from a lot of the continued effects that this isolation created. Dealing with others' fears that I could somehow make them sick even after all of my symptoms are gone and I've been cleared by AHS...pulling myself back together after a traumatic experience...trying to wrap my heart and mind around this actually being the only way for us to be handling this situation.

There is a reason that nearly half of all people in North America are reporting mental health challenges: Anxiety and depression is up to 30%, trauma and stress disorders are now at a record high of 26.3%, substance abuse is up to 13.3% and suicidal ideation has increased to over 10% of the population in the last 30 days.

There has to be a better way. I don't claim to be an expert, nor can I even fathom the immense burden that both the health care system as well as public policy makers are carrying right now. But I can share with all certainty that we are going down a very dangerous path when we prioritize physical health over mental health and focus more on the

reactions to disease through measures such as isolation, rather than on chronic disease prevention and treatment of all disease through things as simple as going for a walk, and spending time in the presence of loved ones.

If my child were sick, I would never leave them confined to their room until they got better. I would encourage healing touch, connection, fresh air, and plenty of rest among all of the other needs of their physical symptoms. As adults, we are no less deserving of this same nurturing.

I speak to the things we are doing wrong, but I trust that this is part of it too. That as we learn more about the sophisticated intelligence of the human body, mind and spirit, that we will learn how to adapt our methods of care. I have immense faith in the strength of the human spirit and our ability to build resilience through struggle. My call to arms is not one of resistance, but rather of self-advocacy — standing up for the need for public systems that support health IN ADDITION TO treating disease, offering mental health resources and support when mandating isolation, or better yet, not isolating,



but rather empowering the individual to stay home, take good care of themselves and return to daily routine when feeling better. We are each of us powerful creators, fully capable of healing, of repairing and of cultivating safe spaces together. My greatest wish is that we recognize this power and wield it with absolute love and compassion for each other.

Caroline Stewart is the founder and Director of Inspiration Inspired Me Meditation and Wellness based out of St. Albert, AB. Further information is available on her website (www.inspireme.ca), through email (leam@inspireme.ca) and at Instagram/Facebook (@theinspiredme).

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Due to the uncertainty caused by the COVID-19 pandemic, TTP classes are currently being offered via Zoom or a combination of in-person (physically distanced) classes with Zoom components/alternatives. These offerings are subject to change in accordance with current conditions. **Please check the Yoga Events page of the YAA website (yoga.ca) for the most up-to-date information.**

All teachers and teachers-in-training are welcome to attend. These classes and workshops provide cost-effective upgrading opportunities for all levels to continue mentorship with **YAA Senior Teachers**. Hours from these workshops may be counted towards all YAA Certification Levels including Advanced Training Levels, Recertification and Equivalency Certification requirements.

Register: 780-427-8776 or yoga.ca

The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. The sequence of classes repeats every two years and new students may join in on any date.

Saturday Classes 2020

Dec 12, 2020	Class #16: Teaching Skills: Hatha Yoga Styles; Lineages; Senior Teachers: Anita Stielecki and Donalee Campbell. ONLINE. Register at yoga.ca or call YAA office.
	Saturday Classes 2021
Class #1: Jan 16	Class #4: May 15
Class #2: Feb 20	Class #5: Jun 19
Class #3: Apr 24	Class #6: Sep 18
	Class #7: Nov 20
	Class #8: Dec 11

Teaching Skills Workshops

Mar 19-21, 2021 Spring Teaching Skills Workshop Details TBA.
Oct 22-24, 2021 Fall Teaching Skills Workshop Details TBA.

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

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Are YOU Alone or Lonely?

by Mike George

There are probably four kinds of people.

Which one describes you the best?

1 There is the MC's - Monkish Characters. They have chosen to live alone or just be on their own. They have a deep resistance to other people. They are not comfortable in company. They suffer from frequent Jean Paul Sartre moments, namely "Hell is other people!"

2 Then there is the CCs - Cool and Self Contained.

They are OK being on their own. They don't seek it and they don't resist it. They are also OK with relating to others. They are 'cool' with both dimensions and simply accept where they are i.e. alone or with others, at any given moment.

3 Then there is the YoYo. They are frequently stressed by others to such an extent they will even say "I need some alone time". But as soon as they are on their own they start craving the stimulation of company. One minute being alone. The next minute seeking company.

4 The fourth and last type are the ADs - Addicted and Dependent. They are the needy people. They need the stimulation of others to feel OK in themselves. They hate being alone for any reason. They immediately crave others or some kind of stimulation where others are involved.

As we are asked to live more isolated lives there is no shortage of advice on what 'to do during our lockdown. Dr Google will provide us with hundreds of ideas. But there is much less advice on how 'to be' alone during these challenging times. Certainly, self-isolation is a bit scary for some as they are not accustomed to being on their own. Being only with 'myself', being isolated, is not an easy reality for many people.

So perhaps these few insights may help. Perhaps not. There is an old saying that is found on many wisdom paths: *We come alone and we go alone.* Most people nod their head in recognition of this

simple insight. It

reminds us that, at the deepest level, we are always alone.

Even when we are with our family!

But that is not the same as lonely. Feeling lonely is what happens when

we are uncomfortable being alone and we long for the company and the stimulation of another. Sometimes our TV or laptop or smartphone is the source of 'the other' as they relieve our 'I'm feeling lonely' emotions!

So it's necessary to understand why. Why are more people more lonely than ever before? Especially in a world that is busier with more 'other' people, more stimulation than ever. Why are we so uncomfortable in our self when we are left alone? Why do we fear aloneness? And how do we overcome both our fear of aloneness and the loneliness itself when we are asked self-isolate?



SOCIAL BEINGS OR SOCIAL DEPENDENCY

It's often said that we are social beings by nature. And it's often believed to be unnatural to be on your own. Sometimes it's perceived to be unsocial. But we also recognise that dependency, in any relationship, is unhealthy. Yes of course we are all dependent on the farmer, the supermarket and even social care if you can no longer care for our self. But not that kind of dependency.

The 'dependency' we explore here is the kind where we have become dependent on another or others for what we feel – not physically but emotionally. It's where the presence of another is

essential to relieving our anxiety, perhaps restore our sense of who and what we believe our self to be. Many people who watch sports each weekend are dependent on others for their sense of who I am' and to stimulate the emotional state they feel. Not to mention the trip to the pub with mates afterwards. Yes, as social beings they are 'being social' but perhaps it's gone a bit too far as they become 'dependent beings'. If they don't get their sports fix with 'my crowd' they often become irritated and grumpy, even depressed.

The same applies to many couples. One becomes dependent on another and may eventually suffer from an anxiety that the other will cease to be present in the relationship. It's the fear of being left alone and the imagined feeling of loneliness that would follow. Or there is the fear they may 'love me less' or 'give me less attention'. Yes they are socialised as a couple but perhaps a dependency has developed on one side. Maybe it's been there right from the start of the relationship. Perhaps there is even a form of co-dependency where one is dependent on the other being dependent!

These are not new ideas or insights. They simply set the scene where we understand an attachment has formed in peoples minds. Attachment to the team, to ones fellow supporters, to the game, to the other person in the relationship, to the objects in ones life, to the position at work etc. Attachment and dependency come together. And where there is any attachment there must be the presence of fear. Fear of loss or fear of damage. Fear that we will be separated from our attachment/dependency and 'isolated'.

So far so obvious!

The next question is why do we become attached to, and dependent on, anything or anyone or anywhere in the first place? We live in a world that celebrates attachment. We talk of family as our 'dependents'. Many even believe that attachment is necessary in children's early years. The exploration of this question requires a subtler awareness, but once we understand it fully it may be possible to liberate our self from our anxieties around being alone.

It all begins as soon as we are born. That's when the conditioning starts. We learn to value more what is outside in the world than to know and value what is within us. We are taught to believe the world around us, the material world, is the only reality.

There are probably three stages we all go through.

ARRIVAL AND THE EARLY YEARS

Stage one is the moment we arrive we are surrounded and bombarded by energies which do not affirm our wellbeing. We are born into an environment that is filled with various forms of fear, sadness and anger. As these unnatural energies come at us, usually in the form of other peoples emotions, we have to create strategies to deal with them and even to protect our self. We don't 'think about it' as we have not yet learned to think things through, we are just in 'reaction mode'. A mode that is, by necessity, more often defensive. In short, we arrive feeling secure but it's not long before we start to feel threatened. Surrounded by others emotional energies we start to feel 'insecure', to some degree or other. Birth tends to be a launchpad into learning how to 'cope' with the world.

Perhaps in the 'reactive strategies' that we learn to develop we are able to create successful 'moments of protection' and we do feel occasionally secure. Perhaps those around us, namely parents or parental figures, do have moments where they are in a state of unconditional love which allows us to feel safe and secure. But by and large we are surrounded by anxiety, worry, sadness, irritation, frustration, perhaps full blown moments of anger and many other emotional disturbances. Basically it's people projecting their stress either directly at us or into the environment we share with them. All contribute to a sense of insecurity that we then learn to habitually create within our self. Feeling insecure becomes a habit that is then woven through our personality.

Some say this is how our personalities are shaped as we deal, in our individual ways, with the surrounding 'energies' in our earliest years. But

that's another seminar. It also explains why most of us will likely spend the rest of our life consciously and unconsciously searching for that lost sense of security with which we arrived.

OUR BLANKET FOR LIFE

Stage two is the comfort blanket stage where we find something in the world which we use to give our self a sense of stability, a sense of security. If it's not another person (parent) it's usually with an inanimate object as the relationship with that object is stable and consistent. It gives us the opportunity to create feelings of security, occasionally at least.

GROWING INTO THE WORLD

Stage three is when we are actually taught to believe our sense of security is to be found in the material world 'out there'. Whether we seek money or position or achievement or fame or a romantic relationship, we are all essentially seeking to restore that original sense of security. The most popular source seems to be in a relationship with either one other or a group of others. We are socialised and part of that socialisation is the belief that our sense of security will only arrive when we find our place in relationship to someone or something or somewhere 'out there' in the material world around us.

It's during this process that we absorb the fatal idea that other people and circumstances are responsible for our feelings. And it's this combination of seeking security in other people or the world, plus the belief that 'they' are going to 'make me feel' OK, that sets us up for the continuous creation of feelings of insecurity. Why? Simply because every 'thing' around us at the material level is changing and we have no control over anything 'out there'. Even other people's moods, desires, feelings and behaviours are also continuously changing. Stability is impossible to find externally and therefore a sustainable sense of security is impossible to find and feel in relationship to anything or anyone in the world.

Walk any wisdom path and they have one thing in common. The insight that a stable sense of personal security can only come from within one's

self. In one sense, some would say paradoxically, it's only when there is no attachment to anything or anyone in particular, but a non-attached relationship with everyone and everything in general, that we can create a feeling of security. Definitely not an easy challenge. And to most of us, schooled to 'believe' dependency is natural and attachment is good, it may even appear to be plain wrong!

To get there it's necessary to discern the two energies at play in life – the material/physical and the spiritual/consciousness. We have material bodies which we need to look after and care for. So in one sense we are dependent on food, air, shelter and light which are aspects of the material world. But the invisible world of our own consciousness is non-material. It is completely under our control. But only if we have a level of awareness that allows us to be the master creator of our thoughts, feelings, perceptions, decisions and actions. Yet that is not easy as the very fact we do not feel secure and we are searching for security is a sign we do not have the level of self-awareness that is the foundation for such mastery.

So what to do? Here is one way forward. Notice feelings of self security are strongest when you are either openly loved by someone OR you are loving towards someone. It's unfortunate that being loved by someone tends to lead to a form of dependency and the emotion of anxiety. And it's unfortunate that when we give our love to someone that tends to lead to expectation of a return and a sadness that turns to resentment if there is no reciprocation.

But love is the key. However, not romantic love, Hollywood love, sexual love! That's the baggage that comes automatically in most peoples minds with the word 'love'. But if we can become a little more aware we will notice that when we 'give' anything - from time, attention, help, guidance etc. - without wanting anything in return, we are being naturally loving. We don't think "Ah, now I am being loving", we just are. A little more awareness and we may notice what we feel in such moments. We feel not only good in our self, as all our anxieties and insecurities disappear, we feel we

are being of value to another. It feels natural. At an even deeper level we may become aware there is a feeling of freedom of spirit and our heart may soar. Most parents, in their relationship with their children when they are in their 'innocent years', will know such moments. It's unfortunate that as the child grows such moments tend to become less and shorter!

So when we are being loving our anxieties disappear and we feel we are secure within our self. We no longer seek, need or are dependent on someone else saying 'I love you' or indeed doing loving things for us or even being with us. If they do, that's great, but we are not dependent on it. Why? Because we have found a state of being within our self that is loving in itself. And when we express that state of being we feel 'at our best'. And in such moments we realise we are reminding our self that 'love is what I am'.

So the connection is made. When you are being your natural loving self without needing to think it, you feel secure within your self. Which is why it's also not a new insight that the ultimate security for every human being is love. Not the love of another but the realisation that 'love is what I am' followed by the active expression of that state.

Which leaves us with one question. If love is what I am, what is love? It is simply a word that describes a state of consciousness. It is a word that points towards the highest state of being that is possible for any and every human being. It is a word that describes our natural state. However we cannot know it, feel it, be it, unless we express it in action. Unless we give it away, so to speak. You could say we have been cleverly designed! Then you know who you are and what you are. A being of consciousness whose highest state is described by one word. It's unfortunate that it gets mixed up with concepts of attachment, dependency, desire, passion and even possession. But that is also 'another seminar'!

And when we are in a loving state and allowing that state to shape our intentions, thoughts and actions, we feel naturally secure in our self. The search for security in what we are not i.e. in the world out there, comes to an end... naturally!

Our anxieties disappear ... naturally. Emotional dependencies come to an end ... naturally. Loneliness comes to an end ... naturally. Being alone or being with others are both equally OK. But only when we start acting from our highest state of being. As you do there is an awareness that your sense of inner security is stable. It now arises from inside out. Your neediness for the stimulation of another or many others is gone. You realise they were simply ways of escaping responsibility for the creation of ones own intentions, feelings and actions.

Now you also know your value. You know you are a source of the most valuable energy in the world. And you also know no one can ever take that away. As your sense of security is now arising from inside out so your fear of being alone is no more.

Yes, you're right, easy theory, but not so easy to practice. How do you begin? Just start. Just do something for someone without wanting anything in return. For example, do something that says 'thank you' to those amazing, wonderful people on the front lines of our health services. Then watch what you feel. Perhaps a little emotional at first. But gradually you will come to see love is not just another emotion. It is the natural state of being of every human being. It's a personal reality that has just been temporarily lost.

Question: What does love mean to you – take a few moments and write it down.

Reflection: Recall three past encounters with other people where you acted with love and not because you were attached or dependent in any way.

Action: Start acting with love – in other words 'doing' things without wanting anything in return. Sounds easy but it's not, until it becomes second nature, which is really our original natural!

Mike George is a management tutor, spiritual coach and author of over 11 books on self awareness, emotional/spiritual intelligence and continuous 'unlearning'. Reprinted with permission. Sign up for more insightful messages at mike@velox7.com.

YAA CODE OF ETHICS (COE)

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

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

Guidelines for YAA Certified Teachers based COE:
Teachers receive a copy of the Code of Ethics and Guidelines with their YAA certification.

- Teachers support the YAA in carrying out its Mission, Goals and Role of the Association.
- Teachers adhere to the Policies of the YAA.
- Teachers provide accurate information regarding their credentials and training.
- Teachers deepen their knowledge, keep up to date with new developments in yoga and maintain and improve their teaching skills. This is a requirement for both receiving recertification and for maintaining permanent certification.
- Teachers act with financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga.
- Teachers inform students of their personal yoga philosophy and style, and practise tolerance and acceptance of the views of others.
- Teachers do not malign other Yoga professionals.
- Teachers are respectful, compassionate and truthful with all practitioners of yoga –fellow students and teachers alike.
- Teachers do not discriminate against students based upon their race, religion, nationality, gender, sexual preference, age or physical

ability (except in the interests of providing a yoga class suitable to the student's needs).

- Teachers unable to assist potential students will refer them to other teachers or to the YAA office.
- Teachers practise some form of karma yoga based upon their skills.

Guidelines for YAA Members based COE:

Members of the YAA should be aware of the Code of Ethics and Guidelines, which will be published annually in the Fall issue of the Yoga Bridge.

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

GOALS AND ROLE OF THE ASSOCIATION

The Association provides coordination and support to yoga enthusiasts through the province through its own activities and in cooperation with local yoga groups in Alberta through:

- Informing its members and others about yoga activities, in part through the regular publication of a newsletter.
- Promoting high standards of yoga instruction through teacher training and certification.
- Organizing workshops, retreats and other activities either on their own or in cooperation with local yoga groups throughout the province.
- Providing opportunities for yoga activities in rural communities in Alberta.

SAVE THE DATES: YAA EVENTS

Deepening Our Practice w/ David McAmmond**

Dec 4-6/20 and Jan 22-24, Apr 16-18, June 11-13, Sep 24-26, Dec 3-5/21. Learn from this internationally respected teacher. Try one retreat...you will feel nurtured by & connected to the Alberta yoga community. Details TBA. **Ad p. 16.**

YAA-TTP Classes In 2020-21

Dec 12 (Anita Sielecki & Donale Campbell**) Zoom platform Reg. yoga.ca;**
2021: Revamped syllabus on Jan 16, Feb 20, Apr 24, May 15, Jun 19, Sep 18, Nov 20, Dec 11. Mentor with highly qualified YAA Certified Senior teachers. Learn at your own pace, tailor to your schedule with no up-front lump-sum payments. Start anytime! Students and teachers welcome! **Ad p. 21.**

Kriya yoga Workshop

March 13, 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. **Ad p. 9.**

2021 Teaching Skills Workshop

Mar 19-21 & Oct 22-24. Students & teachers welcome. Learn the art of teaching yoga with YAA Senior Certified teachers. **Ad p. 21.**

Yoga-Chi w/ Paul Yapp

March 20, 2021. Experience the merging of Yoga, Tai Chi and Chi Gong as Paul integrates the concepts of the three disciplines. **Ad p. 19.**

Rest w/ Richard Miller and Kirsten Guest

October 14-20, 2021. A life-transformative week with an incredible teacher, Richard Miller** (USA), at the "At Home, Resting in Stillness" online retreat. This is an opportunity not to be missed. You won't be disappointed. Zoom platform. **Ad p. 2.**

The Feminine Face of Yoga w/ Anne Douglas

Nov 27-29, 2020. Gentle movement, *pranayama*, iRest *Yoga Nidra* and meditation will awaken the potent feminine.

Meditation and Hatha Yoga w/ Kavindu & McAmmond**

July 29-August 2, 2021. Learn the Art of Mindfulness. Spend five days on retreat, refining this important life-changing practice....the moment to moment embracing of life-- as it is. Information/ Register: Anita 780-432-7152.

** denotes YAA Senior Teacher

ALL EVENTS ARE SUBJECT TO CHANGE OF FORMAT OR CANCELLATION DUE TO COVID-19. PLEASE SEE WEBSITE AT YOGA.CA OR CALL THE YAA OFFICE.

INFORMATION & TO REGISTER: 780-427-8776 OR YOGA.CA

Articles Published in Yoga Bridge 2010-Present pg. 1-2

Issue	Year	Title	Article Author	Location
ANATOMY				
Winter	2012	Anatomy for the Inward Path	Mathew van der Giessen	Edmonton
Autumn	2014	Connective Tissue – Easing the Physical Ties That Bind	Matthew van der Giessen	Edmonton
Autumn	2020	Health and Holism: Vagus Nerve and Yoga	Donale Campbell	Sherwood Park
ASANA				
Spring	2014	Take Your Vitamins	Sandra Sammartino	Whiterock, BC
Autumn	2014	Practicing Asana Safely	Peter Skirving	Calgary
Winter	2018	Learning about asanas: Ardha Matsyendrasana II	David McAmmond	Calgary
Spring	2018	Learning about asanas: Viparita Karani	Corinne Milroy	Edmonton
Autumn	2018	Learning about asanas: Uthatasana	Marcia Langenberg	Edmonton
Spring	2019	Learning about asanas: Savasana	Angie Ackerman	Victoria
Autumn	2019	Learning about asanas: Ardha Chandrasana	Valerie Wasylshen	Edmonton
Winter	2020	Learning about asanas: Paschimotanasana	Marion (Mugs) McConnell	Cardston
Spring	2020	Learning about asanas: Breath and voice	David Wilson	Edmonton
Autumn	2020	Chair Yoga: Benefits for seniors	Francesca Wildman	Edmonton
AYURVEDA				
Spring	2010	Ayurveda Tip	Laurie McClelland and Sandra Parr	
Edmonton	2011	Ayurveda Tips for the Cold and Flu Season	Laurie McClelland and Sandra Parr	
Edmonton	2011			
LINEAGE: BRAHMA KUMARIS				
Winter	2010	The Nature of GIVING	Mike George	Coatswolds, England
Autumn	2011	Raja Yoga: The Three Schools of Life	Mike George	Coatswolds, England
Autumn	2013	Are You the Master of Your Mind?	Mike George	Coatswolds, England
Autumn	2018	Why Yoga? How Yoga?	Sister Denise Lawrence	
LINEAGE: BUDDHISM				
Winter	2016	Practicing Loving-Kindness II	Brijante Henepola Gunaratana	
LINEAGE: DESIKACHAR				
Spring	2010	Yoga: A Path to Reduce Suffering	Marcia Langenberg	Edmonton
Autumn	2011	Yoga: A Process of Transformation	Marcia Langenberg	Edmonton
Spring	2014	Steadiness and Ease in Asana	Ja'nel Bertrand-Smith	Calgary
Autumn	2015	The Stages of T. Krishnamacharya's Yoga	Rosemary Jeanes Antze	Toronto
Autumn	2016	TKV Desikachar tribute	Richard Miller	California
Winter	2017	Remembering TKV Desikachar	Rosemary Jeanes Antze	Toronto
Spring	2019	Embodying the Yoga Stras	Rosemary Jeanes Antze	Toronto
Winter	2020	Dharma and Svadharma	Beverly Moore	Sherwood Park
LINEAGE: HIMALAYAN TRADITION				
Autumn	2011	Book Review: The Science of Breath: A Practical Guide	by Swami Rama, Rudolph Ballentine, Linda Bock	Edmonton
Alan Hynes	2013	Book Review: Philosophy of Hatha Yoga by Pandit Usharpuhi Arya (Swami Veda Bharati)	Linda Bock	Edmonton
Winter	2013			
Spring	2019	The Himalayan Tradition of Yoga Meditation	Dave Downing	Spurce Grove
Winter	2010	The Hidden Importance of Linking	Siegfried Bleher	West Virginia
Winter	2010	Practising Across Canada	Barb Deneka	Edmonton
Winter	2011	Yoga As Science - A Study of the Iyengar Method	Siegfried Bleher	West Virginia
YOGA BRIDGE				
Autumn	2011	A Reflection on the 2011 AGM of the IYAC	Barb Deneka	Edmonton
Autumn	2013	Book Review: Light on Pranayama by BKS Iyengar	Judith Mirus	Edmonton
Spring	2014	An Overview of Yogacharya BKS Iyengar's "Jnana in Asana: Experiential Knowledge"	Sharoni Fyler	Calgary
LINEAGE: KRIPALU				
Winter	2017	Kripalu Yoga	Dina Pereira	Hamilton
LINEAGE: KUNDALINI				
Winter	2014	Kundalini Yoga As Taught by Yogi Bhajan	Tracy Gawley	Calgary
Autumn	2014	Kundalini Yoga as a Path to Addiction Recovery	Sat Dharam Kaur & Caroline Havenkort	
LINEAGE: TANTRA YOGA				
Autumn	2015	Book Review: <i>The Radiance Sutras: 112 Gateways to the Yoga of Wonder & Delight</i> by Lortin Roche	Jodi Ouellette	Calgary
Spring	2020	The Feminine Face of Yoga	Anne Douglas	Banff
MEDITATION				
Spring	2010	Where Am I Supposed to Feel This?	Kavindu	Mexico City
Autumn	2012	Book Review: Meditation From the Mat: Daily Reflections on the Path of Yoga by Rolf Gates & Katrina Kenison (Yoga and Meditation)	Mary Janet Schouten	Edmonton
Autumn	2013	Why Mindfulness Isn't a Good Thing (or New)	Stephen Schettini	Quebec
Winter	2014	Mindfulness: Reflections on a Conference w/Thick Oda Lindner - Ontario	Nath Hanh	Oda Lindner - Ontario
Winter	2015	Mindfulness in Education	Mitchelle Johnston	Edmonton
Spring	2015	Meditation in the YAA-TTP	Donale Campbell	Sherwood Park
Winter	2015	Book Review: Poems for Meditation; An Invitation by Antoinette Voure Roeder	Glenda Sartore	Sherwood Park
Winter	2016	Embodied Mindfulness	Kat Boehm	Edmonton
Winter	2016	The view from the Centre	Mike George	Coatswolds, England
Winter	2017	BodySensing	Anne Douglas	Banff
Spring	2017	BodySensing: Taking "Feel your body" to a whole new level	Kristen Guest	BC
Spring	2017	The journey of mindfulness into the public eye	Anita Sialecki	Edmonton
Spring	2017	Book review: The Rest program for healing PTSD. A proven effective approach to	Jodi Ouellette	Calgary
Spring	2017	overcoming trauma by Richard Miller	Kavindu	Mexico City
Spring	2017	Meditation using natural wisdom	Mike George	Coatswolds, England
Spring	2018	Have YOU chosen your silence?		
POETRY				
Winter	2012	Welcome Home	Debbie Spence	Edmonton
Spring	2012	The Gardener	Phil Paradis	Edmonton
Autumn	2012	Offerings	Wendy Grant	Golden, BC
Autumn	2012	No	Wendy Grant	Golden, BC
Winter	2013	Air Travel	Cindy Gibson	Banff
Winter	2013	Ode to Yoga Equipment	David Wilson	Edmonton
Autumn	2013	False Growth	Phil Paradis	Edmonton
Winter	2014	The Artist	Debbie Spence	Edmonton
Spring	2014	Flower Meditation: A Present for You	Janet Pearce	Edmonton
Spring	2014	I Have a Visitor	Angelika Hoffman	Edmonton
Spring	2015	Not a Christian, or Jew or Muslim	Mevlana Jalaluddin Rumi	
Autumn	2015	Buddha in my Garden	Anne Douglas	Banff
Winter	2018	Song of the soul (Shri Adi Shankara, <i>Arimu Srikam</i>)	Shri Adi Shankara	
Autumn	2019	Beyond Matter	Debbie Spence	Edmonton
Spring	2019	Lighting the Way - honouring Gerda Krebs	Debbie Spence	Edmonton
WINTER 2021				

Articles Published in Yoga Bridge 2010-Present pg. 5-6

Winter 2018	Reflections (reprinted with permission IYCV)	Shirley Daventry - French - Victoria, BC
Autumn 2019	Book Review: Practice and All is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond by Matthew Remski	Cult Dynamics and Healing in Yoga and David McAmmond - Calgary
Autumn 2019	Yoga Treppeze	Jennifer Steed - Edmonton
Spring 2020	The Five Tibetans	Krista Power
Autumn 2020	<i>Samjgama</i> : A fictional piece of non-fiction	Lawrence Dombro - Edmonton

YOGA STYLES

Winter 2010	iRest Yoga Nidra: Living the Yogic Path with iRest Yoga Nidra	Kathleen Ludwig - Calgary
Autumn 2010	Wisdom Yoga	Oda Lindner - Ontario
Spring 2011	An Interview with Sri Dharma Mittra, New York	Dharma Yoga Center
Winter 2012	Book Review: Heart Yoga by Karuna Erickson and Andrew Harvey	Vickie MacArthur - Lethbridge
Winter 2013	Laughter Yoga	Anna Radvo - Edmonton
Winter 2014	Book Review: Move the Body, Stretch the Mind by Judy Murphy	Anna Radvo - Edmonton
Spring 2014	iRest Yoga Nidra: Taking Retreat into Daily Life	Candice Jackson - Edmonton
Spring 2014	What is Halha Yoga?	Kristen & Ross Guest - Kimberley, BC
Spring 2014	Juice Fasting - A Yoga Practice	Donalee Campbell - Sherwood Park
Winter 2015	Book Review: Yoga Fiction, Yoga Truth by Sandra Sammartino	Keely Scott - Edmonton
Spring 2015	Svaroopa Yoga	Rosemary Nogue - Calgary
Autumn 2017	Explaining the Yamas and Niyamas	& Louise Harkema - BC
Autumn 2017	Book review: Yoga with Linda and Shaun by Linda Dumont and Shaun Giroux	No author attributed
Spring 2018	Book review: Inner engineering: A Yogic's guide to joy by Sadhguru	Angelique Branstorn
Autumn 2018	Book review: Yoga of the subtle body by Tias Little	Brian Olajos - Red Deer
Autumn 2018	Where does our modern Yoga come from?	Sandy Ayre - Edmonton
Autumn 2019	Yamas and Niyamas - Quintessential in the path of yoga	Oda Lindner - Ontario
Winter 2020	Karma Yoga: The missing ingredient	Neera Prashar - India David McAmmond - Calgary

YOGA TEACHERS / PRACTITIONERS / STAFF

Spring 2011	In Memory of Maya-Margo	Swami Veda Bharati - Rishikesh, India
Spring 2011	Maya-Margo Eulogy	Keely Scott - Edmonton
Spring 2011	Members' Memories - Maya-Margo	YAA Members
Autumn 2011	Obituary - Joe Thibault	Carol Fedam - Edmonton
Autumn 2011	Genda K'rab's 80th Birthday	Chris Erdmann Boyko - Edmonton
Autumn 2012	Excerpts from Speeches Given at Rick Hyndman's Memorial Service	No author attributed
Spring 2014	Deana Kathleen Bard - In Memoriam	Erin Michie - Edmonton
Autumn 2014	Teacher Profile: Albert's Yoga Baba Helen Eshpeter	Debbie Spence - Edmonton
Winter 2015	Tribute: Anita Stelecki	R. Miller, S. Sammartino, K. Hamdon, P. Feinstein, D. Spence
Winter 2015	Darlene Krahn	Judith Mirus - Edmonton
Winter 2015	In Memoriam to Mr. B. K. S. Jyengar	Carole Fedam - Edmonton
Spring 2015	A Jewel in the Crown - Dr. K. D. Prithipaul	Beth McCann - Edmonton
Spring 2015	In Memoriam - Joan Fargey	Paula Carnegie Fehr & Ann Waschuk
Autumn 2015	Grace Little Tribute:	Keely Scott & Dave Downing -
Autumn 2015	Swami Veda Bharati: A Life of Service, a Life of Love (March 24, 1953 - July 14, 2015)	Sandrine Pollock
Winter 2016	Isa Duxbury: My mentor and friend	Karen Hamdon - Edmonton
Spring 2016	Remembering Friedel Khatab	

Autumn 2016	Bonnie Dunbar - Devoted Yogini and friend	Sarah Aberdeen - Calgary
Winter 2017	Shirley Johansen - Canadian Yoga pioneer	Donna Lynn Brown - Winnipeg
Winter 2017	Donna Marthi - a YAA interview	Gaye Oxford - Edmonton
Autumn 2017	Honouring YAA teachers: Teddy Hyndman	Judi Mirus - Edmonton
Autumn 2017	Honouring YAA teachers: Mary LeBlanc	Martha Miller - Edmonton
Winter 2018	Pranayama teacher chooses different path	Norm Cowley, Neera Prashar
Winter 2018	Life experiences alter Theoret's beliefs	Norm Cowley - Edmonton
Spring 2018	Mudras, Mantras, Vinyasas, Meditations	Marton (Mugsy) McConnell - Cardston
Spring 2018	Memoriam: YAA founding member Hilda Pezaro	YAA staff (with files from IYC Victoria)
Spring 2018	Memoriam: Barbara Ross	Cynthia Palahnik - Calgary
Autumn 2018	Margot Kitchen:	Sonia Evans & Sappho Balfour - Calgary
Spring 2019	In Memoriam: Geeta S. Jyengar 1944-2018, Pune, India	Judith Mirus - Edmonton
Spring 2019	Grandfather of Yoga: Profile: David McAmmond	Lornie Desory - Calgary
Autumn 2019	Blueprint of a Yogi: Ken Strachan	Megan Strachan - Edmonton
Autumn 2020	Val Kunitomo's long-distance lifetime to Yoga (profile)	Norm Cowley - Edmonton
Autumn 2020	June Alexander: Still going strong at 101	Anita Alexander - Edmonton
Autumn 2020	Book Review: Om Canada by Valery Petrich	Norm Cowley - Edmonton

YOGA TEACHING

Spring 2011	Elements of a Good Teacher	Donalee Campbell - Sherwood Park
Autumn 2013	Teacher Training Program (unsolicited review)	Alisa Doell - Edmonton
Winter 2016	The practice of Patanjali's 8 fold path of Yoga in HY Class Dana Moon - Edmonton	Dana Dana Moon - Edmonton
Autumn 2016	Dos and Dorts of teaching Yoga in schools:	Donna Freeman - St. Albert
Winter 2017	Yoga for gender and sexual diversity	Pippa Feinstein - Toronto

YOGA TEXTS

Autumn 2010	Bhagavad Gita: Context & Significance, Study of Yoga	Linda Bock - Edmonton
Autumn 2010	Sutra Study 501, Book Review: The Yoga Sutras of Patanjali by Edwin F. Bryant	Judith Mirus - Edmonton
Spring 2012	Book Review: The Bhagavad Gita: by Georg Feuerstein	Corinne Milroy - Edmonton
Winter 2013	The Bhagavad Gita: Yoga of Devotion, Bhakti Yoga	Lawrie Smith - Edmonton
Winter 2017	New light on Patanjali	Dominik Wlasyk - Edmonton
Winter 2018	The Yogapradpa: A Pre-Modern Jain "Light on Yoga" (adaptation of a co-authored article by J Birch and J Hargreaves (The Luminiscent 17 Mar 2017)	Jaqueline Hargreaves

YOGA THERAPY

Winter 2010	Book Review: Waking: A Memoir of Trauma & Transcendence by Matthew Sanford	Irene Chan - Edmonton
Winter 2011	Tips, Tricks & Considerations for Getting Out of Pain Susi Hately - Calgary	Susi Hately - Calgary
Spring 2013	Few People Think	David McAmmond, Calgary
Autumn 2014	Book Review: Overcoming Trauma Through Yoga by Brandy Basily - Edmonton	Brandy Basily - Edmonton
Winter 2015	Healing Art of Yoga	Oda Lindner - Ontario
Autumn 2015	What is Hormone Yoga Therapy?	Karen Jacobsen - Edmonton
Spring 2016	Critical alignment Yoga Therapy	Jennifer Struffel - Calgary
Winter 2018	A Yogic way to prepare the body for autumn/winter seasonal change: interview with Richard Miller	Gaye Oxford - Edmonton
Spring 2019	Hormone Yoga Therapy:	Corinne McNally - Edmonton
Autumn 2019	Integrative Chakra Therapy (ICT)	Susan Quan - Calgary
Winter 2020	Yoga has age-old connection to mental health	Pam Moskole - Canrose

Upcoming Events

**** = YAA Intermediate or Senior Teacher Status; E=Edmonton; C=Calgary; YAA Members: No charge to advertise your events here and also on the YAA Website; New requirements for YAA Advanced Training Levels (500-Hour, 750-Hour Intermediate and 1,000-Hour Senior Levels) require that upgrading hours be taught by YAA Intermediate or Senior Teachers** (or equivalent). YAA events also qualify. ALL DATES SUBJECT TO CHANGE DUE TO COVID-19.**

DECEMBER, 2020

- START ANYTIME*** YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go - no upfront costs. See p. 21 and yoga.ca for information.
- Dec** **Life Anatomy - It's FUNCTIONAL w/ Sherry Ogg.** For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workrise.com/therapists.asp>. info@micromoves.com. Ad p 17.
- Dec 4-6*** **E YAA Deepening our Practice Retreat Series w/ David McAmmond**.** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre or online depending on COVID situation. For format, cost & reg. options call Anita 780-432-7152. Ad p. 16.
- Dec 12** **E YAA Teacher Training Class #16 Teaching Skills / Hatha Yoga Styles & Lineages: Anita Sielecki** & Donalee Campbell** ONLINE.** Register yoga.ca. Ad p. 21.
- Dec 24-Jan 1** **C 8 Days of Yoga: Special Themed Holiday Classes.** Calgary Iyengar Yoga. Reg/detals: www.calgariyyengar.yoga.com/workshopsnews and/or 403-457-4070
- Dec 27-31** **E 5 Day Kundalini Sadhana w/ Janet Lockau.** Time and price TBA. Yoga for Today 780-416-4211; info@yogafortoday.ca or [www.yogafortoday.ca](http://yogafortoday.ca)
- Dec 28-Jan 3** **E Yoga for Food Week.** Time and price TBA. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

JANUARY 2021

- START ANYTIME*** YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go - no upfront costs. New Year's Resolution? Information page 21 and yoga.ca
- Jan** **Life Anatomy - It's FUNCTIONAL w/ Sherry Ogg.** For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workrise.com/therapists.asp>. info@micromoves.com. Ad p 17.
- Jan 5 - May 20, 2021** **On-Line Weekdays RYT 200 Hour Yoga Teacher Training w/ South Okanagan Yoga Academy.** Classical yoga program. Jan 5 - Apr 15, 2021. \$9200+gst. Early reg. save \$300. Tues & Thurs 10am-3pm ET. Info: Mugs 403-805-7902, www.soyayoga.com, nevaeh48809@yahoo.com
- Jan 16** **YAA TTP Class #1: The YAA-TTP** is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.
- Jan 16** **C Intro to Iyengar Yoga.** Calgary Iyengar Yoga. Reg/detals: www.calgariyyengar.yoga.com/workshopsnews and/or 403-457-4070
- Jan 17-Dec** **On-Line Weekends RYT 300 Hour Professional Upgrade to RYT500 Yoga Teacher Training.** South Okanagan Yoga Academy. Classical yoga program. Sun 9-2pm MT. \$4195 + gst - Early reg. save \$300. Info: Becky 403-710-4294, www.soyayoga.com, lambeckystone@gmail.com

- Jan 22-24*** **E YAA Deepening our Practice Retreat Series w/ David McAmmond**.** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre or online depending on COVID situation. For format, cost & reg. options call Anita 780-432-7152. Ad p. 16.
- Jan 22-25** **C A Weekend w/ Eyal Shifroni.** Experience creative ways to work with props. Calgary Iyengar Yoga. Reg/detals: www.calgariyyengar.yoga.com/workshopsnews and/or 403-457-4070.
- Jan 23-Apr 25** **Weekend RYT 200 Hour Yoga Teacher Training w/ South Okanagan Yoga Academy.** Classical yoga program Sat & Sun every 2nd wknd. \$3200+gst - Early reg. save \$300. Held at Becky Stone Yoga, Strathmore, AB. Teacher Refresher ½ price. Info: Becky 403-710-4294, www.soyayoga.com, lambeckystone@gmail.com

- Jan 23-Oct** **On-Line Weekends RYT 200 Hour Yoga Teacher Training w/ South Okanagan Yoga Academy.** Classical yoga program. Sun 9-2pm MT. All classes recorded for missed sessions. \$3200 + gst - Early reg. save \$300. Becky 403-710-4294, www.soyayoga.com, lambeckystone@gmail.com
- Jan 24** **C Family Yoga with Manitri Mikuska at Harmony Yoga Pilates Studio.** Sun 11 am-12 pm. 809-1402; info@harmonyyogapilatesstudio.ca.
- Jan 24** **C Yoga for the Hips Workshop with Manitri Mikuska at Harmony Yoga Pilates Studio.** Sun 1-3 pm. 809-1402; info@harmonyyogapilatesstudio.ca.
- Jan 29** **C Chakra Yoga & Meditation with Manitri Mikuska at Harmony Yoga Pilates Studio.** Fri 7:30-9 pm. 809-1402; info@harmonyyogapilatesstudio.ca
- Jan 31** **C Steadiness in Action: Keys to Good Balance Workshop.** Calgary Iyengar Yoga. www.calgariyyengar.yoga.com/workshopsnews or 403-457-4070

FEBRUARY 2021

START ANYTIME* YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go. Info. p. 21 & yoga.ca.

- Feb** **Life Anatomy - It's FUNCTIONAL w/ Sherry Ogg.** For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workrise.com/therapists.asp>. info@micromoves.com. Ad p 17.
- Feb 3-May 21** **On-Line Weekdays RYT 300 Hour Professional Upgrade to RYT500 Yoga Teacher Training - One of two Modules w/ South Okanagan Yoga Academy.** Classical yoga program. Wed & Fri 2-6pm ET. Two modules \$4195+gst - Early reg. save \$300. Info: Mugs 403-805-7902, www.soyayoga.com, nevaeh48809@yahoo.com
- Feb 4-7** **E Pain Care Immersion and Teacher Training w/Tamie Allen. A 23 Hr Certified Program.** Time / price TBA. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca
- Feb 12-14** **E Insight Meditation Retreat w/ Heather Martin.** Limiting registration and enacting COVID safety measures if needed. Providence Renewal Centre, 3005 119th St. For more information, please contact edmontoninsight@gmail.com
- Feb 19** **C Candlelight Yoga with Manitri Mikuska at Harmony Yoga Pilates Studio.** 7:30-9 pm. 809-1402; info@harmonyyogapilatesstudio.ca.
- Feb 20** **E YAA TTP Class #2: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.**
- Feb 21** **C Family Yoga with Manitri Mikuska at Harmony Yoga Pilates Studio.** Sun 11 am-12 pm. 809-1402; info@harmonyyogapilatesstudio.ca.
- Feb 21** **C Yoga for the Neck Workshop with Manitri Mikuska at Harmony Yoga Pilates Studio.** Sun 1-3 pm. 809-1402; info@harmonyyogapilatesstudio.ca.
- Feb 26** **C Stressbuster Yoga with Manitri Mikuska at Harmony Yoga Pilates Studio.** Fri 7:30-9 pm. 809-1402; info@harmonyyogapilatesstudio.ca.

MARCH 2021

START ANYTIME* YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go. See p. 21 and yoga.ca for information.

Life Anatomy - It's FUNCTIONAL w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workcercise.com/therapists.asp>. info@micronovos.com. Ad p 17.

C Yoga Nidra Evening with Mantrini Mikuska at Harmony Yoga Plates Studio, Fri 7:30-9 pm, 809-1402. info@harmonyyogaplatesstudio.ca.

E YAA Kritya Yoga in the Desikachar Lineage w/ Barb Hagen, Marcia Langenberg. Zoom, 9:30am - 1:30pm. \$60/mem, \$70/monem. Info, Marcia 780-436-3767. Reg. YAA 780-427-8776. Ad p.9.

E YAA TTP Spring Teaching Skills Workshop; details TBA. \$225. Register 780-427-8776 or yoga.ca. Ad p. 21.

E YAA YogaChI w/ Paul Yapp \$60. 10-4pm. 11759 Groat Rd., Rm. 8. Information: Paul 780-286-3388 Register: YAA 780-427-8776. Ad p. 19.**

Mar 26-Apr 3 & Aug 14-28 C Immersion RYT 300 Hour Professional Upgrade to RYT500 Yoga Teacher Training in 2 Modules w/ South Okanagan Yoga Academy. Advance your teaching skills toward being a Yoga Teacher Trainer. \$4195 + gst - Early reg. save \$300. Held at Harmony Yoga, Calgary, AB. **Teacher Refresher 1/2 price - full or half program. Biller/meals extra.** Info: Becky 403-710-4294. www.soyayoga.com, iambekystone@gmail.com

APRIL 2021

START ANYTIME* YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go. See p. 21 and yoga.ca for information.

Life Anatomy - It's FUNCTIONAL w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workcercise.com/therapists.asp>. info@micronovos.com. Ad p 17.

Apr 16-18 E YAA Deepening our Practice Retreat Series w/ David McAmmond:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre or online depending on COVID situation. For format, cost & reg. options call Anita 780-432-7152. Ad p. 16.

Apr 20-May 2 E Being Peace: An Ibest Nidra Immersion w/Anne Douglas. Fr 6:30-8:30pm, Sat 8:30-12:30/2-6pm, Sun 8:30 - 1:30pm. \$405 (\$340 early bird by April 1) Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

Apr 24 YAA TTP Class #3: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

May 15 YAA TTP Class #4: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

MAY 2021

START ANYTIME* YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go. See p. 21 and yoga.ca for information.

START ANYTIME* YAA Teacher Training Program w/ YAA Senior Teachers. Pay-as-you go. See p. 21 and yoga.ca for information.

JUNE 2021

Jun 4-6

SOYA Celebrates 25 Years!!! Dr. Lorin Roobe, PhD and Camille Maurice will be our guest presenters at SOYA's 25th Anniversary Yoga Retreat - Author of **The Radiance Sutras**: 112 Gateway to the Yoga of Wonder and Delight including Asana practices based on the Sutras, Meditation, and Yoga Sutra Jam Session. Fri 2pm-Sun 12pm. \$325 + gst includes a copy of the book (acrom, camping & meals extra). Sorrento Centre, BC. www.soyayoga.com, info@soyayoga.com, contact Marion (Mlugs) 403-805-7902.

Jun 19 YAA TTP Class #5: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

Jun 11-13* E YAA Deepening our Practice Retreat Series w/ David McAmmond:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre or online depending on COVID situation. For format, cost & reg. options call Anita 780-432-7152. Ad p. 16.

Jul 2-18 C Immersion RYT 200 Hour Yoga Teacher Training w/ South Okanagan Yoga Academy. Classical yoga program. \$3200 + gst - Early reg. save \$300. Held at Harmony Yoga in Calgary, Alberta. Teacher Refresher 1/2 price. Biller/meals extra. Info: Becky 403-710-4294. www.soyayoga.com, iambekystone@gmail.com

JULY 2021

Sep 18 YAA TTP Class #6: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

Sept 24-26 E YAA Deepening our Practice Retreat Series w/ David McAmmond: Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 1pm. Providence Renewal Centre or on online depending on COVID situation. For format, cost & reg. options call Anita 780-432-7152. Ad p. 16.

Oct 14-20 E YAA Richard Miller (USA)/Kirsten Guest-The Depth of Best Meditation. An in-person retreat or live-streamed online (depending on the COVID-19 situation). Thurs: 4:30-6pm; Fri-Tues:8am-6pm daily; Wed 8-11:30am, Anita (780) 432-7152. Ad p. 2.

Oct 22-24 YAA TTP Fall Teaching Skills Workshop; details TBA. \$225. Register 780-427-8776 or yoga.ca. Ad p. 21.

Nov 20

Nov 20 YAA TTP Class #7: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

Dec 3-5

Dec 3-5 E YAA Deepening our Practice Retreat Series w/ David McAmmond: Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Providence Renewal Centre or on online depending on COVID situation. For format, cost & reg. options call Anita 780-432-7152. see ad p. 16.

Dec 11

Dec 11 YAA TTP Class #8: The YAA-TTP is currently undergoing a curriculum review. All Saturday TTP classes will contain asana, theory and pranayama components with details to be announced. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

YOGA ASSOCIATION OF ALBERTA WORKSHOP & CLASSES:

FEES & CANCELLATION POLICY

Registration: Registration with full payment to the YAA office is required for all YAA workshops, TTP classes, retreats, etc. Phone registration without payment may 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 the conclusion of the event.



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

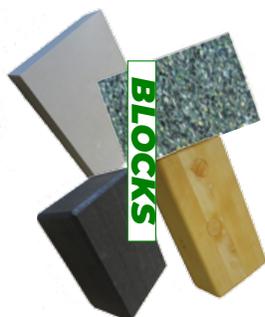
- hand-made, unique design
- locally made and sourced
- multiple uses / applications
- supports a personal yoga practice or for studio use
- highly functional zipper-free, oval-shaped bolster stays in place securely instead of rolling away, which can be a problem when using round-style bolsters
- body can naturally mould around its oval shape, allowing for a gentle, even stretch
- two durable covers: inner and outer
- variety of colours and patterns
- sturdy handle making it easy to pick up
- inclusion of a stabilizing inner core keeps the stuffing in place even after years of use and also adds a comfortable, therapeutic firmness to the bolster



- **MEDIUM:** 9" x 28" (15 or more \$67 each) **\$70.00**
- **LARGE:** 11" x 28" (15 or more \$75 each) **\$78.00**
- **SMALL:** round, travel 6" x 22" **\$50.00**



YOGA PROPS AND MORE
AT THE YAA STORE!



BLOCKS



**10 LB
 SANDBAGS**



STRAPS



**PEDICURE
 SANDALS**



**TOE
 SPREADERS**

**YOGA
 MATS**
 (Jade,
 Manduka,
 Hugger
 Mugger,
 Zensation)



EYEBAGS



**BACKPACK
 CARRIERS**



**BOLSTERS - MADE
 IN ALBERTA**

**MEDITATION
 BENCHES,
 CUSHIONS,
 BACK CHAIRS**

**BLANKETS FROM
 INDIA and MEXICO**

PRICES ON INSIDE COVER & ONLINE yoga.ca
Text in "GREEN" - Made in ALBERTA!



PURCHASE PROPS AT OFFICE OR ONLINE AT yoga.ca

BLANKETS	Price includes GST	\$\$
Mexican Blankets		12.-
Indian Blankets: white, cotton		41.-
BLOCKS		
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", 20 or more @ \$20.00		22.-
BOLSTERS: Washable cover. Handmade in Alberta. Durable. Assorted Colours		
Large Oval: 11" diameter x 28", members: 15 or more @\$75.00)		78.-
Medium Oval: 9" diameter x 28", members: 15 or more @\$67.00)		70.-
Small Round: 6" diameter x 22"		50.-
BOOK: Yoga Therapy for Backs by David McAmmond / Anita Sielecki		38.-
CHAKRA BANNERS: white or black background		32.-
EYEBAGS: flaxseed, unscented, with washable cover		15.-
JOY-A-TOES: soothing stretch for your feet and toes, S & L		31.-
MAGNESIUM: bath salt or spray; subtle energy.		32.-
MAGNETIC HEALING JEWELRY: necklaces, bracelets, earrings		5.-/24.-
MEDITATION		
Bench: hand-made wood		39.-
Back-Jack Chair: adjustable, supports back, washable cover		71-
Crescent Shaped Cushions (Zafu): grey. washable cover		66.-
MATS & CARRIERS		
Tapas [®] : Travel, 68" or 74";		23.-/31.-/36.-
Jade Mats: Travel, 68" or 74"		59.-/82.-/88.-
Manduka [®] Pro 71" or 85"; extra wide		127.-/160.-
Manduka [®] Pro-Lite: 71" or 79"		112.-/119.-
Manduka [®] Superlite Travel		59.-
Manduka [®] Ekolite 4mm		80.-/88.-
Manduka [®] & Jade Hot Yoga Towels		25.-/35.-
Zensation EcoMat: recyclable, compostable, cushioned		39.-
YOPA [®] Matbags: backpack style holds all your props; drawstring or zipper.		53.-/58.-
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SANDBAGS (10 lb): assorted fabrics		22.-
STRAPS: single thickness, India-slide buckle, white, black, blue; 20 or more -.50		
7' x 1" and 9' x 1"		8.-/10.-
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YOGA / PEDICURE SANDAL (toe-separators) S - XL		47.-
YOGA BOOKS, CDS, DVDs, POSTERS AVAILABLE IN STORE		