



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

YOGA BRIDGE

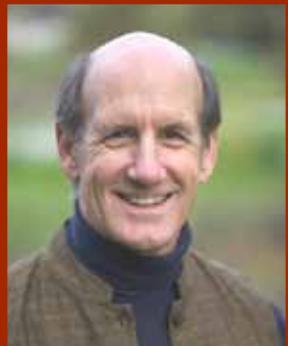
CONNECTING MIND & BODY

SPRING 2021 VOLUME 21 ISSUE 2



YOGA ASSOCIATION OF ALBERTA

SPRING 2021



Please reserve the date to join us with:

Richard Miller
&
Anne Douglas

October 14 –20, 2021



Returning to Source: The Deep Teachings of Meditation

A special retreat live streamed to your home space

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

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

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

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

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

**Discount available for Canadian participants

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

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



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

Anne Douglas is a IAYT certified therapist that has been teaching Yoga and Meditation for over three decades. She is a Senior iRest Trainer and the creator of the “iRest Daily” meditation program. Her enthusiasm, compassion, humor and wisdom infuses her teaching.

YAA EXECUTIVE

President

David McAmmond

Past-President

Anita Sielecki

Vice-President

Karen Hamdon

Secretary

David Maulsby

Treasurer

Erin Michie

Calgary Member-at-Large (MAL)

Nancy Hong

Edmonton MAL

Karen Kirkwood

Lethbridge MAL

Rachel Foster

Val Kunimoto

Red Deer MAL

Paula Carnegie Fehr

Ann Waschuk

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

Percy Page Centre
11759 - Groat Road
Edmonton, AB T5M 3K6

Tel: 780-427-8776

E-mail: yogaab@telus.net

Website: yoga.ca

Editor

Dave Downing

Editorial Board

Kim Fraser

Judith Mirus

Anita Sielecki

Debbie Spence

Layout and Design

Zuzana Benesova

Debbie Spence

Funding

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



CONTENTS

Editor's Message: Going "Viral" Edition 5

Dave Downing

Coronavirus Reflections 7

Sandra Sammartino

Start Your Practice with Awareness: The Joints and Glands Series Part 1: Exercises for the Face, Scalp and Eyes..... 9

Lynnda Sharp

The Songs of the Breath..... 12

Oda Lindner

Yoga as a Self-Care and Resilience-Building Strategy for Family Caregivers 17

Kim Fraser

YAA Teacher Training Program Information..... 20-21

Teacher Tribute: Five Decades of Yoga in Alberta: A Memoir 22

Norma Davies

Poem: A Spanish-Inspired Shadow Visits..... 24

Felicia Ochs

Teaching Yoga As Life Work..... 25

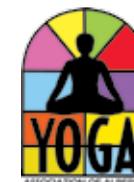
Donalee Campbell

Save the Dates: YAA Events..... 29

Teaching Insurance for Yoga Teachers..... 30

ALBERTA Calendar of Events..... 32

YAA Yoga Props: 36-39





YAA DONATION PROGRAM

DID YOU KNOW?

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

HOW IS YOUR DONATION MONEY USED?

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

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

IT'S A WIN-WIN! THANK YOU!

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

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

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

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

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

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

CIRCULATION: 1,600

ADVERTISING RATES

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

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

Advertising Deadlines (3 issues/year):

March 1, August 1 and November 1.

Article Submission Deadline: Consult with yogabridgenewsletter@telus.net

Newsletter circulation is approximately one month after deadline.

EDITOR'S MESSAGE

YAA's Yoga Bridge: Going "Viral" Edition

By Dave Downing, Volunteer Editor

Covid-19... enough said! You don't need me to recount the statistics or the course of events, (although it is funny to think back on the frantic hoarding of toilet paper in the early days). People have died directly or indirectly because of the pandemic, economic and social problems that we already had have worsened for many and we're generally less comfortable with social interactions even as separation and isolation become difficult for many and unbearable for some.

"We're all in this together". While true enough, it's become a rather tiresome mantra and we're all looking forward to the day when that phrase has a less combative interpretation. "It's not over yet". That's another phrase we'll be glad to hear the last of, but "it" isn't. So what can we do now?

For the past few newsletters, we've run articles that have been written by people with different viewpoints on how best to cope with change. We're continuing that focus with this newsletter. For example, Sandra Sammartino's article is about how she came to terms with coronavirus and the positive changes that have happened. The Editorial Board meets once in a while to discuss future directions, and Sandra's article was the impetus for this idea... "What if we asked any of our readers who might have a story to tell whether they might like to share it?"

So here are the details. We invite you to submit a short article, a poem, a high-resolution image or drawing that reflects your experiences of the past year. Perhaps it has to do with how you feel right now, how yoga helped you (or not), how you used music, art, journaling, dancing, physical

activity and so on to help you, how you deal with isolation...we have 1600 readers and I expect there are as many perspectives.

Written articles or poems can be a maximum of 250 words long (that's about half the length of this editorial – the first three paragraphs are about 230 words) and they have to come from you (we don't want to break any copyright laws).

Images have to be high quality (i.e. if you print them off on a home printer on a letter size sheet, they need to be clear), in .jpeg format and accompanied by a brief caption describing the topic and including your name; they have to be original also.

Written material won't be edited to the same standards we apply to regular articles. But, we do



Natarajasana: "I did it MY way!"

reserve the right to decide whether or not those articles meet the YAA's code of ethics (page 26 of the Winter 2021 edition).

E-mail your submission to yaanews@telus.net. The subject line should start with "Fall 2021 submission"; be sure to include contact information if it isn't obvious from your e-mail address.

I have no idea whether we'll get zero or 500 submissions at this point. I can't guarantee that every submission will be included. So, it seems fair to propose that the first 25 submissions that we receive and accept will have a good chance of inclusion in the Fall 2021 newsletter. If we get a lot more than that, perhaps we can either run some or all of them in another newsletter or include them on a page on the YAA website. If you send something in, I will acknowledge receipt and you'll hear from me again if your submission is accepted.

Good news! As I write this, the chickadees are singing "Spring is here" in the nearby forest. That upstages some virus and its numberless brethren in the present moment, and I'm thankful for that.

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.



The YAA would
LOVE to see you on
[facebook.com/yogaalberta/](https://www.facebook.com/yogaalberta/)
See you there!



THE YOGA ASSOCIATION OF ALBERTA (1976)
YAA Membership is open to ALL - teachers and non-teachers.

\$10 Associate Membership (electronic copy)

\$30 Full Membership: (mailed newsletters).

PAY ONLINE AT: yoga.ca

Click on membership page.

First time members receive FREE Associate membership for a year!

Send your name, email, city and postal code.

Coronavirus Reflections

By Sandra Sammartino

When Dave Downing, editor of the *Yoga Bridge*, asked me to write an article on how to deal with the physical and mental stresses of the pandemic, I didn't know what I could offer. I didn't even know what I was doing. It seemed like I was living my life in a different kind of way now than I was a year ago, and I needed to contemplate that change.

I remember about a year ago I noticed a news article where the World Health Organization was raising a concern about a virus. It was still rather localized to a few countries and hadn't yet been declared a pandemic, but I could hear the anxiety in the commentator's voice. I knew something was up. It scared me.

Bob, my husband, was heading to Los Angeles to visit the grandkids; I was to follow him, after teaching my workshop in Edmonton. I wondered if I should cancel the workshop. But the virus (as it was called then), didn't seem to be on anyone's radar. Hesitantly, I boarded the plane, and sat with my head close to the window to try to limit possible exposure to the virus, as recommended in a report I'd read. I also pulled on my eye mask, and slept on the flight there, and then back, telling myself I was keeping my immune system strong. After all I was 78, and there had been some talk about older people being more susceptible.

After the weekend workshop, when I arrived back home, I called Bob in Los Angeles, and told him I was worried about picking up the virus at the airport and bringing it to the little grandkids. No one there seemed

concerned. But I cancelled my flight and stayed home. Better that, I thought, than the children getting sick, or worse.

By the time Bob came home only five days later, the virus was front and centre on the news. Now it had a name—"Covid-19", "coronavirus". It had been elevated to the international status of "pandemic". International air travel was being cancelled and when Bob returned, he needed to isolate. We were on our first of many lock downs. I adjusted well... jumping on line with videos to inspire the students, learning how to teach online, and planning my workshops. I remained active. I was doing things.

We followed the guidelines. I continued to watch the news, and encouraged people to wear masks. We stopped going to movies, restaurants, and crowded areas. We hunkered down. We did what we were told. Coronavirus was lasting longer than we thought.

And then, something strange happened to me. I let go into what I now see as my pandemic, coronavirus mode. I stayed at home. My in-person workshops were cancelled. My body, my mind and my spirit were tired. They needed to rest. They needed to stay home. My life needed to adjust. The virus had a silver lining.

The only way out, for me, I thought, was in—to go within and connect with myself. But because I already had a regular Yoga practice, what more

could I do? In time, I began to realize my practice had actually expanded to occupy more of my everyday world. I was starting to go in while cleaning, cooking, growing micro-greens, lounging around, connecting with people,





working on my book, walks, watching TV, and being close to Bob. I just needed to be.

I remembered when years ago Diane Donovan, a fellow yoga practitioner and student, said to me “Sandra, do you know how to be?” I couldn’t figure out what she

meant. She said, “You know... ‘Be-ing’, instead of ‘do-ing’”. Over the years I thought about her question, and wondered if I knew the difference between doing and being. Coronavirus was helping me to understand the difference between doing and being by stopping me in my tracks. Workshops cancelled. Children and grandchildren visits on hold. Holiday traditions turned upside down. Favourite shops closed. Routines changed and the results were...more time for me. Coronavirus was giving me time to be. To be with myself, in my life. To sense the difference between doing and being. To sense my beingness, while I was doing.

Without the outside pressures, my life was slowing down. There was time to notice the beauty

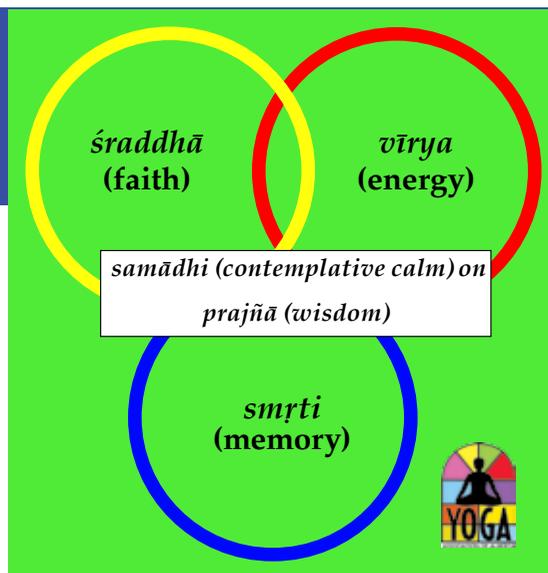
of nature all around me. To put on the fireplace, read the morning paper, and watch the sunrise. At first it caused me anxiety. I should be *doing* something. I was conditioned to doing. It seemed strange to sit back. But, as time unfolded, one day and week, running into the next day and week, time seemed immaterial, or immortal. Time seemed to be adjusting into the let-go mode of my beingness. I noticed that my body, mind and spirit were grateful for the small things in life, like an afternoon nap, or walk. Or, buying flowers just for me. I noticed action coming out of my non-action, and joy rising from within my heart.

Now, when the commentators speak about the coronavirus variants, and the need to lock down I am curious, but no longer anxious. And my doing appears to rise out of what is around me, and what comes from within me. I am enjoying my life in a more relaxed way. Seeing more, loving more, being more; instead of doing more. And, strangely, this article got written in record time.

Sandra has been teaching Yoga for 45+ years. She is co-founder of the American Yoga Alliance, founder of Yoga Outreach, bringing Yoga to those without access; and holds an Honorary Permanent Certification with YAA. For further information please go to sammartinoyoga.com.

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

- **October 30, 2021**
- **9:30-1:30 pm**
- **Location: TBA at yoga.ca**
- **\$60 members**
- **\$70 non-members**
- **Information:**
Marcia: langenbe@telus.net
Barb: bhagen5@icloud.com
- **Register: YAA 780-427-8776**
Online: yoga.ca
Etransfer: yogaab@telus.net



LEARNING ABOUT ASANA

Start Your Practice with Awareness

The Joints and Glands Series Part 1: Exercises for the Face, Scalp and Eyes

by Lynnda Sharp

Exercises for the Joints and Glands (Himalayan Institute India 2007) is a sequence of movements developed by Swami Rama of the Himalayan Tradition¹ to prepare yoga practitioners for the practice of hatha yoga. This sequence proceeds systematically from the head to the feet, improving joint flexibility and range of motion, stimulating activity of major glands such as the pituitary, thyroid and adrenal and gently massaging the internal organs. Practiced with awareness of body and breath, this sequence can lead to a relaxed, meditative state. It is a valuable centering and grounding practice.

Exercises of the joints and glands act at a deeper level as well. Pandit Ashutosh Sharma, one of the senior teachers in the Himalayan Tradition said, “Do not underestimate the movements of the joints and glands. Their main work is in the energy system. The yogis remind us what came first, energy or matter. The energy manifested into matter. The anatomy was never discussed. They are very clear that the body is arranged around the energy systems known as *nadis* and *chakras*.” (lecture to Thailand Himalayan Yoga, February 14, 2019).

The joints and glands sequence is the starting point for teacher trainees in this Tradition who perform the exercises daily for six to eight weeks prior to beginning asana practice. This series can be used by anyone whether or not they are inclined to practice yoga. The exercises are accessible to the elite athlete and to those who are confined to a hospital bed. They can be adapted to fit anyone’s schedule and not all of the exercises in the sequence need to be done to derive benefits.

I can personally attest to their value. About twenty years ago, I was introduced to Maya Margo, a student of Swami Rama’s. The joints and glands series were a part of every class; sometimes, they were the focus of the entire class along with relaxation and meditation. She invited us to explore and experience our bodies. I remember clearly from one early class, her encouragement to gently soften my abdomen, relax the muscles, then breath as if from the navel area. It was a revelation, accustomed as I was to focusing on the “abs of steel” ideal. It was an awakening of awareness in my physical body in a way that had never happened before. Some of my classmates were in their 80s; their flexibility and generally relaxed demeanor was a testament at least in part to their teacher and to their own practice of joints and glands exercises. From that point forward, my focus changed slowly but surely from one of fitness as its own goal to fitness as a side effect of body, breath and mind awareness. Exercises of the joints and glands are a daily epiphany for me and they are a part of every class that I teach.

The first exercises of the series involve the face, scalp and eyes and these are described below. The full version is available in

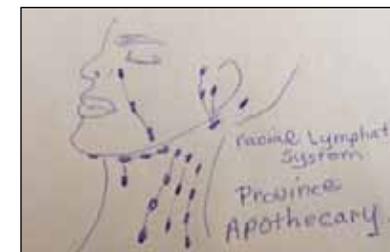


Figure 1. Lymphatic system of the face and neck. (Courtesy Providence Apothecary)

the publication cited at the end of this article. The physical benefits include gentle manipulation of the fibrous joints in the skull, and stimulation of the lymphatic system, our immune system's first line of defense. Light massage and movement of the skin can stimulate flow in the lymphatic system and promote health (Figure 1). These exercises are also valuable for stimulating the sinuses and helping them to function well.

Optimally, these exercises are done so that, either seated or standing, the head, neck and trunk of the body are aligned. A key to whether that has happened is the breath—is it able to flow? Is it relaxed and unimpeded? It is easiest to accomplish this for the exercises described here if you assume a comfortable seated posture. If you're bedridden, you may find it useful to adjust pillows behind you so that your chest is encouraged to open to a comfortable degree.

A comfortable and properly aligned seated posture can be attained using a chair or sitting on the floor. If you use a chair, sit near the front of it with both feet flat on the floor. To help align your spine, put a folded blanket under you and roll gently forward on your sitting bones. If you are sitting cross legged on the floor (e.g., *sukhasana* (easy) pose), ensure that your knees are below your waist. This might require some firm cushions or blankets. Roll gently forward on your sitting bones. You can also use a meditation bench. When you are sitting in a properly aligned position, you will feel that your rib cage has lifted slightly and your lower and mid back have gently elongated. Tuck your chin a bit to elongate the back of your neck and lengthen through the crown of your head. Allow your shoulders, arms and hands to relax in your lap or by your side.

Breathe slowly and deeply for two minutes. Bring your awareness to the navel centre, sense it move in and out, feel the breath flowing freely. *Relax your forehead.* Create space in the body and relaxation in your mind. Just to practice this for two minutes several times a day will have beneficial effects, and there are many opportunities—waiting in line, sitting in traffic, during TV commercial

breaks or composing your thoughts while you write an article.

Repeat each exercise three times.

FACE:

As we bring the hands into contact with the face, we establish a critical relationship between our ability to act (*karmaindriya*) and our ability to sense and to feel (*jnanaindriya*). The sharpening of these abilities is essential to all asana. Let your breath flow and place the tip of each thumb at the base of the small finger (Figure 2). Place the fleshy part of the thumb against your forehead between your eyebrows (Figure 3). Using gentle pressure, smooth the skin up and out to the temples. With this same hand position on either side of the nose, draw the fleshy part of the thumb along your cheekbones and out towards the temples (Figure 4).



Figure 2. Thumb position for forehead and facial massage



Figure 3. Starting position for forehead massage



Figure 4. Ending position for forehead massage

SCALP:

With breath awareness, as you inhale, raise the eyebrows to bring gentle tension to your forehead, then exhale, allowing the forehead to relax. The simple act of relaxing your forehead is a powerful antidote to stress. Now squeeze and tense all the muscles of the face pulling them to the tip of the nose, as if the nose was the center of gravity. Relax. Massage the base of the skull and either side of the cervical spine with your fingertips.

EYES:

These exercises work with the sinuses and the muscles around the eyes, the latter of great value to those of us who spend long hours in front of a computer. Keep your head still, your chin parallel to the floor and your facial muscles relaxed. Do each of the following eye movements three times with eyes open, going as far in one direction as is comfortable with an inhalation, then as far as is comfortable in the other direction with an exhalation and rest for a moment between each repetition: side to side; up and down; angle to upper left and down to lower right; and angle to upper right and down to lower left. With eyes open, imagine a clock in front of you. Starting at the 12 o'clock position with an inhalation, follow the hands of the clock around to 3 and 6 as you exhale and then 6 back up to 12 as you inhale. Repeat three times and reverse directions. Finish by blinking

your eyes rapidly, softly squeeze your eyelids without squeezing any other part of your face and release, rub your hands together and place the warm palms over the eyes, leaving a space between the palms and the eyes. Open the eyes to the warmth, then open your fingers, let in the light and gently brush your face with a feather light touch as you lower your hands. Breathe and observe the results of this simple sequence.

End Notes:

¹ Refer to "The Himalayan Tradition of Yoga and Meditation" (Yoga Bridge Spring 2019) for details.

References Cited:

Swami Rama. 2007. *Exercises for Joints & Glands: simple movements to enhance your well-being.* Himalayan Institute India. Available at YAA.

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

The YAA would
LOVE you to **LIKE**
 us...

facebook.com/yogaalberta/
 On Instagram:
 yogaassociationofalberta
 On Twitter:
 @YAAYogaAB
 See you the Media!

The Songs of the Breath

by Oda Lindner

Yoga is both the conscious use of techniques as they are applied to our body, breath and mind, and it is also the awareness of our systems and of what lies behind them. When I teach awareness and regulation of breathing [pranayama]—which I love to do—I tell the students that we can regulate our breath in many ways. I also point out that it is important to be aware of the natural functioning of a long, smooth and natural breath and of the subtle layers that lie behind it. I think this is important to point out; it is easy to get lost in the many tools and techniques of pranayama, but the underlying components of breath are basic to all of them.

With that in mind I would like to present the analogy of breath as a song, a useful angle from which one can observe the processes of breathing. If we adopt this analogy we can incorporate many elements of the pranayama the ancient yogis have passed on to us. The key to looking at the breath in this way is to focus on the individual components of each breath, including the phases of breath, elements of breath and breathing techniques and their effects

We can for example separate the inbreath from the outbreath, the long breath from the short breath and the breath pauses or holds from the general flow of the breath. Once we distinguish these breath elements, we can then look at them as if they were musical notes.

I like the analogy of musical notes because the breath, like a song, is a flowing process that can be separated into individual ‘notes’ that are distinct from the larger piece of ‘music’. Like notes these breath components can be assembled and reassembled so that they can create different ‘songs’. The ‘song’ of a particular way of breathing is therefore composed of a number of elements

that come together in a certain way. If we look at the different segments and become more aware of them, we become more aware of the breathing process itself. This awareness can then help us find the subtle nuances of our breath and experience the general effects that these nuances have on our system.

The yogis in the past were extremely aware of the different components and nuances of the breath. In a unique way they expressed this knowledge in short, terse statements (*Sutras*). A beautiful example of this is *Sutra II.50* of Patanjali’s *Yogashastra* (*Yoga Sutras*).¹ The *sutra* maps with a few words the whole terrain of what could be called ‘the territory of the breath’. It mentions four different categories that can be used as landmarks. These categories are time (*kala*), place (*desa*), number (*sankhyabih*) and quality (*dirgha / sukshmah*):

- ‘Time’ refers to the individual length of the breath. Time can also refer to the length of the hold or pause after either the inbreath or the outbreath
- ‘Place’ indicates where our attention is placed or with which part we are breathing. Thus ‘place’ can refer to the right nostril, the left nostril, both nostrils, the upper nose, the chest, the belly, the fingertips, the crown of the head, the outside of the body, etc.
- ‘Number’ (*sankhyabih*) refers to the number of rounds that a particular breath is being breathed.
- ‘Quality’ refers to the long and smooth (*dirgha / sukshma*) quality of the breath. In later centuries ‘quality’ could also be used to refer to the strong, forceful nature of a particular breath, as for example in *Bhastrika*, the ‘fire’ breath.

A song, like breath, has the same characteristics. Time could be the length of a line in the song. Place is where the breath originates when we

sing. Number is the number of lines and their repetitions. Quality is the lyrics and music that together with the other characteristics, make a song unique.

If we look closely at the definitions of each of these categories—and here we are moving away from the *Yoga Sutras*—we can see that it might be helpful to break down the breathing process further into separate elements.

Let me give you an idea of what this looks like. Above, the definitions of the time and place categories include the components of inbreath, outbreath, holds after the inbreath and outbreath, breathing through the right nostril and breathing through the left nostril. Each of these components has a particular effect on our system. So, when you for example breathe only in and out of your **right** nostril, you can increase the heat in your system, and the breath has an invigorating effect. If, on the other hand, you are only breathing in and out of your **left** nostril your breath would be cooling, and the effect would be calming and settling. We then can add other elements of these components. If you were to breathe **high** up into your nose, your breath would become very fine, and that would affect the quality of your breath. If, on the other hand, you moved your focus into the **lower** belly and breathed into this area, you would notice that your breath becomes very grounding. In this way each element can be separated, and each element has its own effect.

There are a great number of nuances that reveal themselves once we start to look. There are the effects of a **short** inbreath. These effects will differ from what a **long** inbreath does.² Here we see that these nuances are like two different notes of a song. In the same way, the effects of a short or a long outbreath will differ. Breathing into the ribs and expanding the **rib cage** will have a different effect than breathing into the **lower belly**. And introducing a hold after the **outbreath** will be quite different from introducing a hold after the **inbreath**.

Once we know the effects of the individual components, we can bring them together and combine them into a larger whole. We can for example take a short inbreath through the right

nostril and let the outbreath flow freely out of both nostrils in a natural way. This would be quite different from taking a long inbreath into the left nostril and breathing out of both nostrils. Each way of breathing then becomes a unique song. To illustrate with one classical example, let us take the *Surya bhedana* breathing from Svatamarama’s “*Hatha Yoga Pradipika*” (Chap 2 *Sutra* 48-50), (Akers 2002, pp.44–45). The *sutra* says: “*Slowly draw in the outside air through the right nostril (nadi). Form the hold (kumbhaka) to the limit, from the hair to the toenails. Exhale the breath very slowly through the left nostril (nadi). This most excellent Suryabhedana is to be done again and again. It cleanses the skull, destroys wind diseases and removes worm diseases.*”

If we take *Suryabhedana* apart we have the following components:

- a **long** inbreath (*kala*)
- the inbreath through the **right** nostril (*desa*)
- drawing the **outside air** in during the inbreath (*desa*)
- a **hold** after the inbreath
- ‘form the hold to the **limit**’ (*kala*)
- ‘from the hair to the toenails’ (*desa*)
- the outbreath through the **left** nostril (*desa*)
- the outbreath is very **slow** (*kala*)

Do you see how the components come together, to form “*Suryabhedana*”? Is it easy to see what effects this constellation of components will have? Can you see how this would be a heating breath because the air comes in only through the right nostril? And can you see how the heat would build because of the long hold (*antar kumbhaka*) after the inbreath?

This is just one example of how the components come together in a particular way. When you look at other pranayamas, like *Brahmari* (long, resonant outbreaths), *Bhastrika* (forceful, heating in- and outbreaths) or *Pratiloma Ujjayi* (balanced alternate nostril breathing) you begin to see how the combinations and effects of the elements can vary. And each is a song with different qualities and effects on the body and mind.

The song of the breath is the song of life. The ultimate goal of pranayama is always to let this song play out in the right way so that “*the covering of the luminous is weakened*” (*Yoga Sutra* II.52), (Bryant,

2009) or, as Desikachar (1987, p.74) put it, 'so that the obstacles that inhibit clear perception' are removed. But since we are not always balanced, we need the support of breath work. In that context it is helpful to use the different variations of pranayama by considering how the components of breathing are arranged and where the emphasis is to be placed. By paying careful attention to this and by learning how the nuances of breathing affects our system in general, we can find our way back to the ultimate goal of pranayama—the full, long and naturally balanced breath that opens us to what lies beyond.

End Notes:

¹ *Bahyabhyantara-stambha-vritti kala-desa-sankhyabhih paridrsto dirgha-susmah The Yoga Sutras of Patanjali* Edwin Bryant, 2009, p.290

² The length of a breath is measured in different ways. Classical texts suggest that the length of each breath be measured by a heartbeat, the time it takes to recite a short mantra, the blinking of an

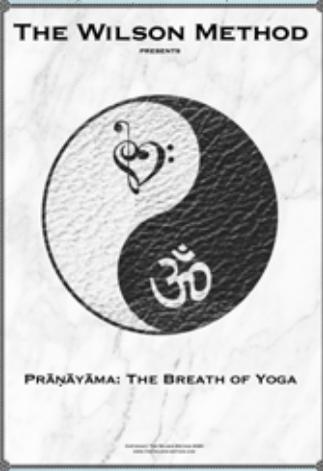
eyelid or the time it takes to slap one's knee. For our purposes the time period of one second will provide consistency.

References Cited:

Akers, Brian D. 2002. Translation of Svatmarama *Hatha Yoga Pradipika*. YogaVidya.com, NY
 Bryant, Edwin. 2009. *The Yoga Sutras of Patanjali*, North Point Press New York, NY
 Desikachar, T.K.V. 1987. *Reflections on Yoga Sutras of Patanjali*. Krishnamacharya Mandiram, Chennai, India

Oda Lindner is a Yoga Alliance E-RYT 500 teacher and a senior teacher with the YAA. She has been practicing Yoga for three decades and has received parts of her training from TKV Desikachar and from teachers in the lineage of Krishnamacharya. Oda lives and teaches in Niagara on the Lake in Ontario. She can be reached at odayoga@gmail.com

For Your Breath & Body



20-Page Pranayama How-to Book and bonus video!
12 Top Pranayama practices, plus Sutras and Bandhas
The most easy-to-follow and concise Pranayama text available.



Improve breathing, mobility and flexibility.
The highest quality myo-fascial balls
Comes with a free comprehensive Downloadable User Manual

www.the-wilson-method.com/shop

YAA AGM and Workshop with DAVID WILSON ONLINE April 10, 2021



AGM: 12:00-2pm: 45th YAA Annual General Meeting, Executive (Board) Elections - 6 Members At Large

Workshop: 2:15-3:30 pm: Yoga with David Wilson FREE for those who attend AGM

Fee: Current paid membership

Pre-Register: yoga.ca/yaa-store to receive zoom link

Info: YAA (780) 427 8776

Freeing the Body & Mind through Sound, Breath & Asana Workshop

As we explore the release of holding patterns stored in the respiratory system, we will integrate movement with breath and voice, accessing the power of our inhalations and the surrender of our exhalations. David will explore an integrated approach to somatic and introspective wellness involving both hatha and restorative yoga, advanced breath work and vocal exploration, integrated with the luxurious joy of deep-core-based movements.

David Wilson (B.Mus, M.Mus) is a singer, conductor, voice teacher, breath therapist and YAA certified senior teacher trainer (YCC 1997). He counts David McAmmond, Violet Walton and Esther Myers as his major influences. David has created an eclectic teaching style, combining elements of hatha, restorative, pranayama, core strength and chanting. He is most interested in the mind-body-breath-voice connection, creating improved flow toward reducing the effects of anxiety and asthma, as well as encouraging healthy and empowering vocal habits. He has recently created his Wilson Method Body-Rolling Balls, as well as four ebooks, one each on the topics of Pranayama, Voice, Breath and Qi Gong.



LIFE ANATOMY It's FUNctional!

with Sherry Ogg, BGS, GCFP, RMT

For Yoga Teachers & Students

Anatomy Training: Online (\$49);

Correspondence (\$75);

Live (TBA: micromoves.com/therapists.asp)



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

micromoves.com/therapists.asp

is now under Credits / CC tab

info@micromoves.com

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

Ship 'n Mail UNIVERSITY

INTERNATIONAL
SHIPPING & RECEIVING

- Experienced Advisors

YAA MEMBER DISCOUNTS:

- Business Cards
- Mailbox Rental with Street Address

8507 – 112 Street, Edmonton

780-757-6877

Ample Parking; *Yoga Bridge* Printers

YAA VEGETARIAN E-COOKBOOK

SHARE YOUR BEST “COVID-19 LOCKDOWN” RECIPES!

With so much time spent at home this year, we are sure you have discovered many tasty recipes and treats, in addition to those at YAA retreats and workshops! Let's share our delicious vegetarian recipes to fund programs which provide yoga for marginalized and at-risk Albertans. Recipes will be compiled in the form of an YAA E-cookbook!

If you would like to participate, please send your recipes (in word document format) to Brandy at brandybasisty@gmail.com All proceeds from our E-cookbook fundraiser will go toward funding YAA Outreach Programs.



Yoga as a Self-Care and Resilience- Building Strategy for Family Caregivers

by Kim Fraser

Yoga is an accessible self-care strategy for family caregivers. It not only provides direct benefits like physical and mental health promotion, but can also offer a sense of community and overall improvements to quality of life more generally.

Nearly one in three of us are a family caregiver, creating an army of eight million family caregivers across Canada. If we were to replace the care they provide it would cost governments more than 66 billion dollars annually. One million family caregivers live in Alberta and many of them are experiencing multiple stressors on a daily basis.

In this article, I will describe caregivers and their challenges, how yoga can be used as a self-care and resilience building strategy. Although many readers of *Yoga Bridge* already have a yoga practice, not all do. I will outline the conceptualizations of yoga I use and then talk about how each concept relates to the aspects of our nature or well-being. I will address why it is an accessible and sustainable tool, and if one has the desire to embrace it, how family caregivers might commit to a practice that works for them including where to get started for those new to yoga.

Family caregivers are unpaid caregivers who provide care and support a loved one or friend. They may live with the one they care for, or not, and their caregiving journey may be acute, short-term or go on for several years. Family caregivers vary in all sorts of ways including age, gender, or employment status. The care and support they provide may be things like getting their loved one to appointments and helping with groceries or yard work, but often it also includes personal care or health and medical treatments such as partial or

total assistance with bathing, dressing, toileting, or even wound care and assistance with range of motion.

Stressors and challenges family caregivers face come from both external and internal sources. External sources include things like how much care they provide, what kind of care they provide, and what other supports they have in their life. Internal stressors and challenges are things like how well a person copes with daily life, personal resilience, and coping skills. Stressors and challenges can affect any or all of the four aspects of our being: physical, mental, spiritual, and emotional/social. Yoga is one modality that can provide multiple strategies to promote well-being and health. It can support self-care and build resilience in family caregivers.

Yoga can be used as a self-care and resilience-building strategy that works beyond a yoga class or “off the mat”. A regular yoga practice is self-perpetuating in that it is a gift that keeps on giving, if you practice it in a way that works for you. Each of its three main concepts—breath, body, and mind—can be developed and used alone or in concert with each other.

A breath practice, pranayama, can be as simple as breathing consciously in and out or it can be comprised of a specific set of breathing exercises and routines that vary from simple to complex. In yoga we use the breath for a few reasons. A breath practice alone can help the body relax by regulating the parasympathetic nervous system which signals our body to calm. A simple inhalation repeating the word “long” in your head and exhaling to the word “calm” is a practice that will promote the relaxation response through the parasympathetic nervous



system. A session or series might focus on one aspect of the physical body or move sequentially through the whole body.

Body work is movement, the asanas. It is moving through poses in a sequence over a period of time. Breath supports our movement and over time becomes a rhythmic practice in combination with movement, inhaling and exhaling with either contracting or relaxing muscles as we move in and out of poses. Through pranayama we move energy which supports both movement and relaxation throughout a physical practice. The asanas bring movement that move blood, oxygen, nutrients throughout system and are also useful in clearing out toxins. Over time, we notice improvements to flexibility, strength and stamina, all of which are beneficial to caregivers. These benefits come from both asanas and pranayama, or movement and breathing. There may be safety implications or contra indications according to your own body and health status and as with all new activities it is advisable to get the go-ahead from a medical professional, your physician or health care practitioner. Qualified yoga teachers operate with safety in mind and often provide options and modifications so everybody can participate regardless of level of health or fitness.

Yogic practices for the mind include techniques like focusing, mindfulness, concentration, and meditation. Yoga classes are diverse with respect to how they approach mindfulness (as well as movement and breath work); different styles

of yoga focus on different aspects of yoga. The practice of yoga takes us inward. By focusing on the breath and body we learn mindfulness and concentration. Many yoga teachers offer guided meditations before, during or after the physical portion of the class and we begin to train our mind to focus, slow down, relax and concentrate. One thing for sure is that yoga can offer benefits to everybody—*every body*, at any age or stage of life.

As a self-care/resilience building strategy for family caregivers, regardless of the strength or type of practice, yoga is an accessible practice to all. Its benefits can affect any or all four aspects of our being— physical, mental, spiritual, and emotional/social. Not only is movement nourishing to our bodies, but it can help family caregivers be safe when they carry out chores they might not otherwise be responsible for in their household from physical care of a loved one, to shovelling snow or cutting the grass, and even running around doing errands and getting things done in a hurry because there seems to be little time.

The mental health benefits that come from slowing down, giving your mind time to focus on your own body ... yourself and your time on your mat. It might change the way you view the world, and help build resilience. Spiritual benefits also come from taking time out of your day to focus on yourself and reflect on your thoughts— everything from reflecting on your state of mind, where you fit in the world, to being guided through *savasana*—the short but nutritious rest at the end of a class or practice session complete with invitations to be where you are, to feel gratitude for all the things you have in your life and all the things that you don't. Emotional and social benefits grow from being both on your mat and by being in community with others, whether on line or in person. Emotional release can occur just by being in a practice. It is not uncommon for tears to arise, particularly if one is going through a challenging time. Everybody is different but everybody benefits. What that looks like for each of us varies depending on our needs, our practice, what we are seeking, and what we allow to come in.

The benefits of yoga for family caregivers are both immediate and long-term. For example, some are more obvious with a regular yoga practice such as increased strength, flexibility, and range of motion in joints. However, the less obvious and perhaps more important changes might be observed in the body and mind over the longer term as you learn to take your practice off your mat and into your daily life. Those subtle benefits that yoga offers come from the time you give yourself on your mat to slow down, to think, and to rest. Over time you might find the subtle changes improve your outlook and the way you view your own situation, offering you better ways to cope with negative situations. It doesn't mean that some of the challenges, losses, grief, and sadness go away or are negated in any way for what they are, but it might help you be more gentle and forgiving with yourself and all that you do as a caregiver.

My advice to family caregivers is to begin, start with baby steps, and do it regularly whether it is a bit of time every day, four times a week or twice a week. Commit to some small thing regularly until it becomes a habit you practice. It becomes a practice the same way you learn and build skills for anything new from learning how to cook a new dish, how to bathe someone in bed, or any number of other things.

Many types of fitness or body-work therapies are often expensive. It is not necessarily true that yoga is also expensive. It doesn't have to be. It doesn't even have to cost anything beyond access to the internet or the purchase of a book for self-study if that is your choice. If you choose a studio*, which I recommend for a variety of reasons, many offer a one week free access pass to try different classes. As well, there are various plans where you can choose what works for you from a punch pass, a set session, or a monthly unlimited pass. The point is there are a variety of ways to choose yoga.

If you choose a studio or a regular session, like a four or eight week series, yoga offers a community—a sense of belonging. Feeling a sense of community can help family caregivers feel less alone in an often isolating experience. It can

remind you that you are a mere cog in the wheel of a very big universe. This occurs whether you choose anonymity and prefer to focus on your own practice or mat, or whether you create connections and choose to share aspects of yourself with others.

Other options are to try yoga at home using the many tools available such as videos, books, or YouTube[®] channels that many yogis share publicly and freely. In Alberta, the Yoga Association of Alberta website provides a listing of YAA certified yoga teachers, the type and level of yoga they teach, where they are located in the province, and often their place of business (yoga.ca). Many yoga teachers offer one-on-one sessions online or in your home. One thing for sure is that there are many options and most yoga teachers love introducing beginners to yoga and provide a warm and welcoming environment.

Kim Fraser, a nursing professor, has practiced yoga for 12 years, studied family caregiving for over 20 years, and has authored over 80 scholarly articles. Her website is kimberlyfraserauthor.com and she can be reached at kim@kimberlyfraserauthor.com

**Bridge Note: Studio or in-person classes have been in most cases postponed during the pandemic restrictions. Many are providing online, zoom-style programs. Check with the provider of your choice for when in-person classes will resume.*





YOGA ASSOCIATION OF ALBERTA: TEACHER TRAINING & UPGRADING

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

PROGRAM

Comprehensive Training

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

Individual Learning Program

- Pay-as-you-go. No up-front tuition.
- Fit the program to your schedule and start anytime.
- Develop your program to match your yoga interests.
- Explore your teaching style and find your voice.



Apprentice Style Mentorship

- Study with qualified and experienced Senior Teachers.
- Choose a personal mentor in your preferred hatha yoga lineage and style.
- Be welcomed into an inclusive and co-operative community (since 1976).

Professional Recognition & Upgrading

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

Equivalency Certification

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



SCHEDULE

Due to the COVID-19 pandemic, TTP classes are currently being planned via Zoom or a combination of in-person (physically distanced) classes with Zoom alternatives. 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. Hours may be counted towards all YAA Certification levels.

***NEW* 200 Hour Program Details**

The new 200-Hour format separates out the previous requirement of 100 hours of weekly classes with mentors. Weekly classes will still be expected as part of the students' apprenticeship with their chosen Mentor. This is more in line with current industry standards and makes evaluating Equivalency Certification simpler and more straightforward. The YAA-TTP format, content and quality of programming will remain intact. YAA Certified Teachers retain the same high standards of training and upgrading for the 200-hour certification, and will still be encouraged to continue to work towards the 500-hour and other Advanced Training Levels. Requirements for Recertification and Advanced Training Levels have not changed.

The YAA-TTP is also going under a curriculum reorganization. All Saturday TTP classes will still contain asana, pranayama and philosophy components. The sequence of classes will continue to repeat every two years and new students may join in any time during the year.

Details and latest updates for the upcoming TTP classes and teaching skills retreats can be found at our website yoga.ca. We appreciate your support as we navigate ways to make YOUR YAA-TTP even better!

Saturday Classes and Workshops

Apr 24 w/ Beth McCann	Sep 18
May 15	Nov 20
June 19	Dec 11

Oct 22-24, 2021 Fall Teaching Skills Workshop (15 hours)

Register for classes at yoga.ca or call office 780-427-8776.

REGISTER: CERT@YOGA.CA OR YOGA.CA | EST. 1976

Five Decades of Yoga In Alberta: A Memoir

by Norma Davies

Until last spring, I taught yoga in a few of the small towns that dot southern Alberta. Then Covid-19 happened and brought an end to in-person classes for me and a lot of other yoga teachers. But my students and I missed our regular meetings and on their initiative we got together at Clear Lake Park on the auspicious occasion of the second full moon in a month, the Blue Moon on October 31, 2020.

Gathering in a spot protected from the cool autumn wind by tall spruce, we set up a ring of lawn chairs, mindfully sharing some hot beverages, tucking blankets around our legs. We watch the moon rise, slowly ascending through lacy clouds, casting silver light upon the wind-ruffled lake in a shimmering band that moves toward us as the hours pass. A muskrat swims close to shore, wanting to be noticed.

Driving home by moonlit hills, farmlands and grazing cattle, I am thankful for the opportunity I had to share a special experience with my friends, and I think back with gratitude upon the events that brought me to this place and time, a five-decade journey from my first introduction to yoga.

My thoughts take me back to 1968 and to west Edmonton, where home is a grey stuccoed bungalow that I share with my small daughters. I switch on morning television. The black and white images show a woman demonstrating yoga postures. She describes the benefit of each posture as it applies to the physical body. Her name is Friedel Khattab.

Elsewhere that same year, the Beatles are in India, taking up Transcendental Meditation with Maharishi Mahesh Yogi. Many folks of my parents' generation are scornful of the emerging counter

culture movements occurring in the western world that are introducing both yoga and TM. My increasing interest in yoga and related disciplines earn me the title "Mrs. Hokey Pokey" in our neighbourhood.

In 1970 Kareen Zebroff begins her television series with CTV. My daughters and I become her faithful followers, sprawling on the shag rug in mid morning waiting for our call to action, the program's theme song *Hey Jude*. I order her book *The ABC of Yoga* and spend hours poring over the illustrations of the asanas. When Alberta's own Gerda Krebs begins her cable television series a few years later, I marvel at her sequencing. No sterile studio walls for this woman; stunning lake and mountain locations highlighting Alberta's beauty are her backdrop and her theme song, the classic Mendelssohn *Violin concerto in E minor*, is the perfect complement.

In 1976 I finally meet Friedel, the woman I had seen on TV years before. I join her weekly



Norma and her daughter Jacqueline Lamb who many years later, is herself currently enrolled in the YAA Teacher Training Program!

After all, there is little else to do in High Level in the winter time and people are curious about this anomaly with frizzed hair and pink cat suit offering an esoteric practice.

morning classes and thus begins, for me, a decade of exceptional opportunity. I sign up for her teacher training program soon after starting her classes. During these years Friedel travels a lot, bringing back knowledge from the "living masters" herself or bringing them to Edmonton to teach in person.

One of these masters is Masahiro Oki, a leading Japanese health expert. He has developed a system of yoga and Friedel learned about it during a six-week intensive teacher training session in Japan. Those of us who are students in teacher training with Friedel during these years learn that we must be versed in these emerging yoga styles. Workshops covering different aspects of yoga are becoming more commonplace; the Yoga Association of Alberta is revving up. I soak up every opportunity I get to study, learn and practice.

In the ensuing years, yoga becomes "main stream." Private yoga studios offering various styles popup in cities and towns across Alberta. Yoga becomes the cool thing to do and it seems to me that an element of competition has developed between studios and styles.

I receive my teaching certificate from Friedel in April 1979 and establish classes with Parks and Recreation in Edmonton as well as at the local hall in my community, continuing these classes into the early eighties.

Fast forward to a hotel in High Level, Alberta. I am with a new partner who is employed by an Alberta agency to assist the natives in Treaty 8 with their farming endeavours. This is our honeymoon... and as we arrive on a cold, mid-October evening, ravens with black plumage contrasting starkly against fresh snow topple the garbage bins that lined the back of the hotel for whatever they could find to eat.

Prior to our arrival I had approached Parks and Recreation in High Level with the idea of helping

me to arrange classes to introduce yoga in the north. They were more than accommodating; they were actually excited and arranged a room at the local school, at no cost, for my teachings. My first class at the school is the evening after we arrive. Folks begin to trickle in, a few at first and then a lot, native and non-native, fit and not so fit, sitting so close to my feet I can hardly see the back row. After all, there is little else to do in High Level in the winter time and people are curious about this anomaly with frizzed hair and pink cat suit offering an esoteric practice.

My appearance apparently matters not and neither does the schoolroom venue, lit by the hard bluish glare of fluorescent tubes high in the ceiling. The crowd is attentive and eager to learn. I think of Friedel and her organized classes, her sharp gaze around the room to get the measure of her students before beginning her instruction. I take a deep breath and plunge in. Important words—Friedel's words—are an anchor around which I conduct my class "stable and comfortable"; "never going beyond the comfort"; and "always breathe through the nose".

Thus begins a year of incredible teaching experience. Friedel often told us that we would learn from our students...and I do! As classes progress, people open up to me. One woman says: "I come here because my grandma just passed away from Alzheimer's disease and you can't think and do yoga at the same time." Another asks me "Why do you always look so happy?!" Someone else relates that "I don't feel stiff when I walk now."

We are eventually housed in Peace River, a few hours' drive to the south; however, my husband points the truck toward the reserve near High Level each week and I ride along to continue with my yoga classes there along with yoga classes in Peace River. I frequently travel 'home' to Edmonton to

visit family and time my visits to take advantage of scheduled yoga workshops so I can stay current with my practices.

We are transferred to Edmonton in 1994 where I continue to teach yoga in the west end area, although I am no longer



Student Norma Lamb demonstrates a breathing technique used to clear blocked nostrils due to a cold or allergy. Published in *The Edmonton Journal* in the 1970s.

labelled as “Mrs. Hokey Pokey”. Subsequently we move to Calgary and eventually settle on an acreage in southern Alberta where I enjoy teaching yoga to this day. That is perhaps the subject of another article.

The morning after the Blue Moon, the sun paints the living room wall with pink, orange and gold pastels. The sunflowers in the front garden nod their heads in surrender to the first frost. The song *Imagine* by John Lennon softly plays, chosen at ‘random’ by the CD player —

A Spanish-Inspired Shadow Visits

by Felicia Ochs, YAA Certified Teacher

When the sun opens night’s coffin

Presente!

When the tears surface and your face softens

Presente!

When a door slams shut and the senses withdraw and the hope of everlasting love doesn’t exist at all

Presente!

When the mass graves are discovered

Presente!

When the truth of your heart is uncovered

Presente!

When those things which crawl, hop and fly become children’s stories of mystical things that “just” died

Presente!

When the soft baby of a new mother takes its first breath

Presente!

When a sullen man feels the power of a humble woman’s caress

Presente!

When hot tea is poured for a neighbour and received by a smile and for the awareness of life’s beauty emancipated from denial

Presente!

*“You may say I’m a dreamer
But I’m not the only one
I hope someday you’ll join us
And the world will live as one”*

I am thankful for this morning, for yesterday and for the vistas that have opened before me because of yoga. Namaste!

Norma teaches yoga in southern Alberta in Claresholm, Stavelly and Fort McLeod. Her email address is daviessnorma28@gmail.com

Teaching Yoga as Lifework

by Donalee Campbell

I’ve often heard students say that they fell in love with yoga in their first class, that they found their passion and knew right away that they wanted to be a yoga teacher. Although it doesn’t always happen this way, many of us who do yoga have experienced this same euphoria and bliss. Who wouldn’t want to feel this way for a living? One might think that anyone young, thin and flexible enough could easily slide into a full-time job with minimal training and celebrity status, but these are misconceptions. A career as a yoga teacher allows anyone who feels the call to pursue lifelong learning in a rewarding vocation that serves the community in creative ways.

Flexibility and youth might be advantageous in some markets, but they can also prevent the aspiring teacher from understanding the average student’s challenges, making it hard to empathize and understand their need for variations, props, modifications, and slow, consistent preparation.

Maturity and experience are more important qualities in yoga teachers; those who have worked through hardships, physical restrictions and injuries could be in a better position to understand the struggles of their students and to help

them achieve holistic health and happiness. Advanced poses or powerful flow sequences might be impressive to watch but typically aren’t suited to most students because they present a high risk of injury to those who are insufficiently prepared, and might not prove sustainable in the long-term. Benefits come from a slow, deliberate and steady progression within a healthy range of motion, which varies between individuals. It is the teacher’s role to create a safe space where the students can explore their own abilities in accessible ways. Many different approaches to teaching yoga provide limitless opportunities for learning, from the purely physical to those involving all the limbs of yoga described by Patanjali in the *Yoga Sutras*.

Finding the right style and teacher for you can take time and experimentation. As teacher training requires a significant investment of both time and money, it is important to choose wisely. Focused teacher training courses a few weeks in length

are offered widely through various sources. They promise to train teachers and provide certification as qualified teachers and for many no prior experience with yoga is required. Long-term programs that include a





undertake teachers' training strictly to advance their own practice (Bachman, 2015). Those who do end up teaching often find deep fulfillment through sharing their knowledge with others. This usually drives them to continue learning so that they can serve their students better.

Teaching yoga can be highly rewarding and, for those who are strongly committed to helping others lead their best lives, has the potential to offer an optimal work-life balance. Most teachers work part-time and organize their own community classes or teach through contracts with organizations or local facilities or studios. Self-employment allows for professional autonomy and freedom to decide one's own schedule.

The job requires entrepreneurial skills and extra time for preparation, marketing, promotion, administration, travel and student relations, but expenses are tax deductible, and these demands are offset by a decent hourly rate. Teachers can also supplement their income through complementary pursuits such as fitness or dance classes or through other part-time work. It could be financially feasible to rent a space, renovate it and open a studio, but many start out by using their homes to host classes or rent space from existing studios. Workshops, travel retreats, online trainings and books open up other markets. Many people have yet to discover the benefits of yoga and represent a large potential market. With perseverance, teachers can establish a busy class schedule and a solid following of regular students.

Some teachers have gained international recognition and they travel around the world teaching classes. Adoring fans and special privileges may not be propitious for their personal advancement on the path of yoga however, where temptations and ego entrapment are stumbling blocks. The inherent power imbalance between teacher and student means that teachers must stay firmly grounded in ethical behaviour, including non-violence, sexual restraint, modesty, and altruism. Yoga also encourages surrendering the desire for riches and fame to be in service to a

variety of components are a better option for those who are serious about pursuing a teaching career.

Quality teacher training programs ask for prior experience with some style of yoga, and then training over the long term to allow students time for integration and maturity. Students must first understand their own physical and mental perspectives of yoga poses, breathing and philosophy through consistent and progressive class experiences and personal practice before they can understand how those elements might be experienced and expressed differently in others. In addition to the technical aspects of the poses themselves, well-designed training programs also include teaching methodology, anatomy, physiology, biomechanics, special concerns, variations, modifications, therapeutic applications, meditation, breath work, sequencing, class planning, psychology, philosophy, ethics and professional development.

Good yoga teachers are perpetual students and astute observers. They continue to learn from other teachers, from their own bodies and minds, and from their students. The best teachers are able to tune into the students' needs and provide a safe, therapeutic and challenging progression for each student in the class – in body, mind and spirit (Stephens, 2010, pp 44-45). Many avid learners

higher purpose – to be the change we want to see in the world. "Without concern for results, perform the necessary action; surrendering all attachments, accomplish life's highest good" is the message of the *Bhagavad Gita* (Mitchell, 2010, p. 65; ch. 3.19). Accordingly, yoga teachers offer outreach support to underprivileged groups and communities when they have the opportunity to do so.

As a technique for creating self-change, yoga presents a boundless outlet for creativity, and teaching magnifies this endeavour in many ways. Each posture opens potentials to experience new ways of sensing and being. Body, mind and spirit are sculpted through dedicated and devoted practice; the result is a work of art unique in its strength, flexibility, resiliency, beauty, poise and grace. For the teacher, each student is a different medium to work with, bringing new challenges and new possibilities. Lesson planning and sequencing offer endless possibilities for creative expression; poses can be combined and approached in different ways, with unlimited variations and modifications. Each class can be presented with a different physical focus, specific mood, or soundtrack. Philosophical themes can be woven into the class and ancient wisdom revived in a modern context. Standard perspectives can be turned upside down, bringing new ideas and refreshing realizations. Innovative styles are finding increased popularity and the diversity of class offerings continues to expand. The more creative the teacher, the more opportunities the students have to grow and change.

As a career, teaching yoga presents challenges and requires flexibility in more ways than might have been imagined, but it offers rewards that feed the mind, open the heart, and nourish the soul. Regardless of body type, yoga is an excellent career choice for anyone with an insatiable desire for learning, the fortitude for self-employment, a calling to serve and an impulse for artistic expression. Rather than just making a living, yoga teachers create a life that is worth living, and help others to do the same.

References Cited:

- Bachman, Rachel. 2015. "Why Everyone Is a Yoga Teacher." *The Wall Street Journal*, Dow Jones & Company, 1 Sept. 2015, <https://www.wsj.com/articles/why-everyone-is-a-yoga-teacher-1441128493>.
- Mitchell, Stephen. 2010. *The Bhagavad Gita*. Ebury Digital.
- Stephens, Mark. 2010. *Teaching Yoga: Essential Foundations and Techniques*. North Atlantic.

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.

THE YOGA ASSOCIATION OF ALBERTA (est. 1976)
YAA Membership is open to ALL - teachers and non-teachers.
\$10 Associate Membership (electronic copy)
\$30 Full Membership: (mailed newsletters).
PAY ONLINE AT: yoga.ca
Click on membership page.
First time members receive FREE Associate membership for a year! Send your name, email, city and postal code.

"DEEPENING OUR PRACTICE"

WITH **DAVID McAMMOND**



April 16-18, Jun 11-13, Sept 24-26, Dec 3-5 2021

Fridays 6:30pm to Sundays 3:30pm

Providence Renewal Centre, 3005-119 Street, Edmonton

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



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

Suitable and beneficial for teachers, students and serious practitioners.

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

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

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

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

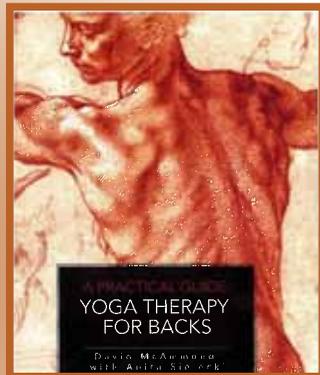
YOGA THERAPY FOR BACKS A PRACTICAL GUIDE

by David McAmmond / Anita Sielecki

\$38 YAA members

Online: yoga.ca or

yaa@yoga.ca or 780-427-8776



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

SAVE THE DATES: YAA EVENTS

2021 YAA's 45th AGM and Workshop w/ David

Wilson Ad p. 15.**

Apr 10 noon-3:30 pm. AGM noon-2pm. We invite you to be part of Alberta's Yoga Community (est. 1976). Learn about YAA's past year events. 2:15-3:30pm Freeing the Body & Mind through Sound, Breath & Asana w/ David Wilson. Workshop is free of charge if you attend AGM with video turned on. Register yoga.ca.

Deepening Our Practice w/ David

McAmmond Ad p. 28.**

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.

YAA-TTP Classes in 2021 Ad p. 20-21.

Apr 24 Online Zoom workshop with Beth McCann.** Reg. yoga.ca; **2021: Reorganized syllabus May 15, Jun 19, Sep 18, Nov 20, Dec 11.** Ad p. 21. 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!

Yoga-Chi w/ Paul Yapp Ad p. 31.**

May 1 & Oct 2. Experience the merging of Yoga, Tai Chi and Chi Gong as Paul integrates the concepts of the three disciplines.

ALL EVENTS ARE SUBJECT TO CHANGE OF FORMAT/CANCELLATION DUE TO COVID-19. CHECK WEBSITE: yoga.ca/yaa-store

Compassionate Wisdom: A Mindfulness

Meditation and Gentle Yoga Retreat Ad p. 31.

July 14-17, 2021. Learn the Art of Mindfulness and yoga with Kavindu (Mexico) and David McAmmond (Alberta). Spend a few hours over four days on retreat, refining this moment to moment practice of the embracing of life - as it is. Reg. yoga.ca/yaa-store. Info. Anita 780-432-7152.

iRest w/ Richard Miller & Anne Douglas****

Ad p. 2.

October 14-20, 2021. A life-transformative retreat with incredible teachers: Richard Miller** (USA) & Anne Douglas** (AB), at the "Returning to Source: The Deep Teachings of Meditation—A Livestream Retreat". Check website (yoga.ca/yaa-store) for updates. The 2020 Online event was exceptional. This is an opportunity not to be missed. You won't be disappointed.

2021 Teaching Skills Workshop Ad p. 21.

Oct 22-24. Students & teachers welcome. Learn the art of teaching yoga with YAA Senior Certified teachers.

kriya yoga Workshop Ad p. 8.

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

** denotes YAA Senior Teacher

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

LOOKING FOR INSURANCE TO TEACH YOGA?

As a benefit to its member teachers, The Yoga Association of Alberta (YAA) has negotiated an excellent insurance premium with the help of its broker, Lindsay Wills at Toole Peet & Co. Ltd.

Yoga Instructor Insurance: \$155/year; +\$15 Online Coverage
2 million Commercial General Liability Per Occurrence/Aggregate
yoga.ca/certification/insurance-2/

YAA membership is required and must be kept current: yoga.ca/membership-yaa/.

Please note: Toole Peet is the only insurance company that the YAA deals with. It is Alberta based with a Canadian underwriter. We do not have policies with Pearson Dunn, Holman or Jay Sylvester (HUB).

INSURANCE FOR YOGA TEACHERS

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

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

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

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

A simple, quick and easy online application form for all YAA certified teachers can be found on the YAA website yoga.ca/certification/insurance-2/. Non-YAA certified teachers who are YAA members may also apply and qualify for insurance in many cases. After the application has been processed, the instructor will receive a copy of the insurance summary, which acts as proof of insurance and is often required by an employer.

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



Internationally recognized meditation and yoga teachers
Kavindu and David McAmmond
will guide us online on the practice of:
Compassionate Wisdom



July 14-17, 2021

(Live Streamed Online: Wednesday to Friday: 6-9pm; Saturday: 10am-1pm & 6-9pm)

With the pandemic we have all been through a period of social isolation that may have impacted us deeply. From the comfort of our own homes and across the large geographical distances that separate us, the focus of this workshop will be to reconnect with the source of love within and its life sustaining dimensions.

Both in the ancient and contemporary views, love is understood to be a life principle that all human beings share. Its fundamental function is to care and to nurture. When our connection with this principle is weakened, our body suffers, and so do we, because love is the core resource to sustain life and create nourishing relationships.

We will examine some state of the art neuropsychological perspectives, which provide deep insights into the nature of love and health and the practices that can support us to reconnect and heal.

Early Bird Fee: YAA members: \$ 245 (add \$30 for non members); \$ 295 after May 31.
(Some subsidies available. Information: Anita (780)432-7152, sielecki@hotmail.com)
Registration: yoga.ca/yaa-store



What is YogaChi?

YogaChi includes Physical, Intellectual and Meditative Quests in Life:

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

**May 1 &/or
October 2 ,2021**
**Hatha Yoga &
YogaChi**
w/ Paul Yapp
**Percy Page Centre,
Edmonton**
Room # 8, \$60;
10-3 pm

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

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; YAA Advanced Training Levels require that upgrading hours be taught by YAA Intermediate or Senior Teachers** (or equivalent). ALL EVENTS SUBJECT TO CHANGE DUE TO COVID-19.**

MARCH 2021

- Mar – Apr C Iyengar Yoga w/ Kim Lu. Via zoom Wed. 5:30-6:30 pm \$96 for 8 classes. karunayoga.ca. info@karunayoga.ca.
- Mar 24-30 E Spring Into It Yoga Quest. \$75. Please see our website for details. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.
- Mar 26 E Conversations from the Mat Series – Power of Self Compassion w/ Melanie Checknita** & Sebastian. 6:30-9:00pm. \$40. Yoga Within 9014-75 St. 780-450-9642. www.yogawithin.ca.
- Mar 27 E Realignment Yoga for Golfers w/ Candace Wickins. 10:00am-11:30pm. \$25. Yoga Within 9014-75 St. 780-450-9642. www.yogawithin.ca.

APRIL 2021

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

- Apr Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p 16.
- Apr Meditation Course w/ Kat Boehm**. The Curious Heart: Online Meditation and Mindfulness Course pauseandconnect.teachable.com See website for details.

- Apr C Every Tuesday FREE Mantra Chanting with Mantrini Mikuska at Harmony Yoga Pilates Studio, 7:30-8:45 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- Apr 1 My DAILY Yoga Practice w/ Valananda**. For students wanting a self-motivated, online, daily, yoga practice. 8-8:45 am. Every Day. \$donation. Zoom. Limited registration. Info: valananda108@gmail.com 780-729-6880.
- Apr 2 E Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.
- Apr 10 **YAA Annual General Meeting ONLINE. Noon-2pm: Meeting and Elections; 2:15pm-3:30pm Workshop w/ David Wilson**. Free for Members who attend the AGM (videos on please for quorum). Register online at yoga.ca. Ad p. 15.**
- Apr 11-Jan 23, 2022 On-Line Weekends RYT 200 Hour Yoga Teacher Training w/ SOYA. Classical yoga program. Sun 9-2pm MT. All classes recorded for missed sessions. \$3200 + gst - Early reg. save \$300. Becky 403-710-4294, soyayoga.com, info@soyayoga.com
- Apr 11-June 26, 2022 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, info@soyayoga.com

Apr 16-18 **YAA Deepening our Practice Retreat Series w/ David McAmmond**:** Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online); check yoga.ca for updates. Info.: Anita 780-432-7152. Ad p.28.

- Apr 16 E Happy Hands & Feet w/ Darria Hirsekorn. 11:00am-12:30pm. \$20. Yoga Within 9014-75 St. 780-450-9642. www.yogawithin.ca.
- Apr 16 E Deepen Your Yin Yoga Workshop w/ Alia Wieland. 6:30pm-8:30pm. \$30. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.
- Apr 16 C Candlelight Yoga with Mantrini Mikuska at Harmony Yoga Pilates Studio, Fri 7:30-9 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- Apr 18 C Family Yoga with Mantrini Mikuska at Harmony Yoga Pilates Studio, Sun 11 am-12 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- Apr 18 C Yoga for the Neck Workshop w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sun 1-3 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- Apr 16-18. C The Technology of Yoga for Health & Beyond w/ Jawahar Bangera. Calgary Iyengar Yoga. Reg/details: www.calgaryiyengaryoga.com/workshopsnews and/or 403-457-4070
- Apr 20-May 2 E Being Peace: An iRest Nidra Immersion w/Anne Douglas**. Fri 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 w/ Beth McCann**. The YAA-TTP is undergoing a curriculum reorganization. All Saturday TTP classes will contain asana, theory and pranayama components. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.**

Apr 24 E Spring Into Yin/Yang Yoga Workshop w/ Aly Daly. 6:30-8:00pm. \$25. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.

MAY 2021

- START ANYTIME YAA Teacher Training Program w/ YAA Senior Teachers**. Pay-as-you go. See p. 21 & yoga.ca for information.**
- May Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p 16.
- May Meditation Course w/ Kat Boehm**. The Curious Heart: Online Meditation and Mindfulness Course pauseandconnect.teachable.com See website for details.
- May 1 My DAILY Yoga Practice w/ Valananda**. For students wanting a self-motivated, online, daily, yoga practice. 8-8:45 am. Every Day. \$donation. Zoom. Limited registration. Info: valananda108@gmail.com 780-729-6880.
- May 1 **E YAA YogaChi w/ Paul Yapp**. A blend of Yoga, TaiChi & QiGong. \$60. 10-3pm. PPC 11759 Groat Rd. Reg. yoga.ca. Paul 780-288-3388. Ad p. 31.**
- May 2 C Half Day Svaroopaa Yoga Online Program w/Swami Satrupananda. Asana and meditation. 12 – 4 pm. \$55 USD. Discount Code CalgHDP. Rosemary Nogue 403-271-7810.
- May 7 E Monthly Meditation w/ Rebecca Hung. 7pm-8pm. \$18. Yoga Within 9014-75 St. 780-450-9642. www.yogawithin.ca.
- May 14 C Stressbuster Yoga with Mantrini Mikuska at Harmony Yoga Pilates Studio, Fri 7:30-9 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- May 15 **YAA TTP Class #4 w/ YAA Senior Teachers**: The YAA-TTP is undergoing a curriculum reorganization. All Saturday TTP classes will contain asana, theory and pranayama components. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.**

- May 16 C Family Yoga with Mantrini Mikuska at Harmony Yoga Pilates Studio, 11 am-12 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- May 16 C Yoga for the Hips Workshop with Mantrini Mikuska at Harmony Yoga Pilates Studio, 1-3 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca

JUNE 2021

- START ANYTIME YAA Teacher Training Program w/ YAA Senior Teachers**. Pay-as-you go. See p. 21 & yoga.ca for information.**
- Jun Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p 16.
- Jun Meditation Course w/ Kat Boehm**. The Curious Heart: Online Meditation and Mindfulness Course pauseandconnect.teachable.com See website for details.
- Jun 1 My DAILY Yoga Practice w/ Valananda**. For students wanting a self-motivated, online, daily, yoga practice. 8-8:45 am. Every Day. \$donation. Zoom. Limited registration. Info: valananda108@gmail.com 780-729-6880.
- Jun 11-13 YAA Deepening our Practice Retreat Series w/ David McAmmond**: Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online); check yoga.ca for updates. Info.: Anita 780-432-7152. Ad p. 28.**
- Jun 11 C Yoga Nidra Evening with Mantrini Mikuska at Harmony Yoga Pilates Studio, Fri 7:30-9 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca
- Jun 19 YAA TTP Class #5 w/ YAA Senior Teachers**: The YAA-TTP is undergoing a curriculum reorganization. All Saturday TTP classes will contain asana, theory and pranayama components. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.**

- Jun 20 C Family Yoga with Mantrini Mikuska at Harmony Yoga Pilates Studio, Sun 11 am-12 pm. 403-809-1402; info@harmonyyogapilatesstudio.ca

JULY 2021

- START ANYTIME YAA Teacher Training Program w/ YAA Senior Teachers**. Pay-as-you go. See p. 21 & yoga.ca for information.**
- Jul Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p 16.
- Jul Meditation Course w/ Kat Boehm**. The Curious Heart: Online Meditation and Mindfulness Course pauseandconnect.teachable.com See website for details.
- Jul 1 My DAILY Yoga Practice w/ Valananda**. For students wanting a self-motivated, online, daily, yoga practice. 8-8:45 am. Every Day. \$donation. Zoom. Limited registration. Info: valananda108@gmail.com 780-729-6880.
- Jul 2-Aug 31 E Summer Quest. Please watch our website for details. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca.
- 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. Teacher Refresher ½ price. Billeting/meals extra. Info: Becky 403-710-4294, www.soyayoga.com, info@soyayoga.com.
- Jul 4-18. C West Coast Retreat Intensives with Ty Chandler & Sharoni Fixler. In-Person. Calgary Iyengar Yoga. Reg/ details: www.calgariyengaryoga.com/retreats and/or 403-457-4070
- Jul 14- 17 YAA Compassionate Wisdom: A Mindfulness Meditation & Gentle Yoga Retreat w/Kavindu (Mexico) & David McAmmond**; live online: Wed.-Fri 6-9pm+ Sat 10am-1pm&6-9pm. yoga.ca or Anita 780-432-7152; sielecki@hotmail.com. Ad p.31.**

AUGUST 2021

- START ANYTIME YAA Teacher Training Program w/ YAA Senior Teachers**. Pay-as-you go. See p. 21 & yoga.ca for information.**
- Aug Life Anatomy - It's FUNctional w/ Sherry Ogg. For yoga teachers & students. Online \$49 or correspondence \$75 anytime. Classroom workshop dates <https://workercise.com/therapists.asp>, info@micromoves.com. Ad p 16.
- Aug Meditation Course w/ Kat Boehm**. The Curious Heart: Online Meditation and Mindfulness Course pauseandconnect.teachable.com See website for details.
- Aug 1 My DAILY Yoga Practice w/ Valananda**. For students wanting a self-motivated, online, daily, yoga practice. 8-8:45 am. Every Day. \$donation. Zoom. Limited registration. Info: valananda108@gmail.com 780-729-6880.
- Aug 14-28/21 & Mar 18-27, 2022 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, Teacher Refresher ½ price - full or half program. Billel/meals extra. Info: Becky 403-710-4294, soyayoga.com, info@soyayoga.com
- Aug 27-29 E Jasper Park Palisades Yoga Retreat w/ Melanie Checknita**. Watch our website for details. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca

SEPTEMBER 2021

- Sep 2021-Apr 2022 E 11th Annual 200-Hour Hatha Yoga Teacher Training w/ Melanie Checknita**. Watch our website for details. Yoga Within 9014-75 St. 780-450-9642. yogawithin.ca
- Sep 2021-Apr 2022 E Deepen Your Yoga Within w/ Melanie Checknita**. Watch our website for details. Yoga Within 9014-75 St. 780-450-9642. www.yogawithin.ca.

- Sep 5 E Free Yoga Day. 9am-1:30pm. Please watch yogawithin.ca for details. Yoga Within 9014-75 St. 780-450-9642.
- Sep 18 **YAA TTP Class #6 w/ Senior Teachers**. The YAA-TTP is undergoing a curriculum reorganization. All Saturday TTP classes will contain asana, theory and pranayama. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.**
- Sep 18-Dec 19 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 Teacher Refresher ½ price. Info: Becky 403-710-4294, www.soyayoga.com, info@soyayoga.com
- Sep 24-26 YAA Deepening our Practice Retreat Series w/ David McAmmond**: Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 1pm. Location TBA (Providence Renewal Centre or live online); check yoga.ca for updates. Info.: Anita 780-432-7152. Ad p. 28.**

OCTOBER 2021

- Oct 2 **E YAA YogaChi w/ Paul Yapp**. A blend of Yoga, TaiChi & QiGong. \$60. 10-3pm. PPC 11759 Groat Rd. Reg. yoga.ca. Paul 780-288-3388. Ad p. 31.**
- Oct 14-20 **YAA Returning to Source: The Deep Teachings of Meditation—A Livestream Retreat w/ Richard Miller**(USA) & Anne Douglas**(AB). yoga.ca/yaa-store or Anita (780) 432-7152. Ad p 2.**
- Oct 22-24 **YAA TTP Fall Teaching Skills Workshop w/ YAA Senior Teacher**. \$225. Reg. 780-427-8776 or yoga.ca. Ad p. 21.**
- Oct 30 **YAA Yoga in the Desikachar Lineage w/ Barb Hagen**, Marcia Langenberg**. *Sūtra* 1.20 *śraddha* (faith), *vīrya* (energy), *smṛti* (memory), *samādhi* (contemplative calm) on *prajñā* (wisdom). Location: TBA at yoga.ca. 9:30am–1:30pm. \$60/mem, \$70/nonmem. Info. Marcia 780-436-3767, Barb 780-991-4153. Reg. yoga.ca. Ad p. 8.**

NOVEMBER 2021

Nov 20 YAA TTP Class #7 w/ YAA Senior Teachers**. The YAA-TTP is undergoing a curriculum reorganization. All Saturday TTP classes will contain asana, theory and pranayama components. \$80. Register 780-427-8776; yoga.ca. Ad p. 21.

DECEMBER 2021

Dec 3-5 YAA Deepening our Practice Retreat Series w/ David McAmmond**: Asana, Meditation, Therapeutic & Restorative Practices. Fr 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online); check yoga.ca for updates. Info.: Anita 780-432-7152. Ad p.28.

Dec 11 YAA TTP Class #8 w/ YAA Senior Teachers**. The YAA-TTP is undergoing a curriculum reorganization. All Saturday TTP classes will contain asana, theory and pranayama components. \$80. Register 780-427-8776 or yoga.ca. Ad p. 21.

YAA WORKSHOP & CLASSES: FEES & CANCELLATION POLICY
 Registration: Registration with full payment to the YAA office is required for all YAA workshops, TTP classes, retreats, etc. Phone registration without payment may only be held for 7 calendar days.
 Transfers: Transfer of your registration payment to another participant is not permitted.
 Cancellations: There are no refunds for cancellations received within two weeks prior to any YAA event. Cancellation fees will apply when cancellations are received more than two weeks prior to the YAA event, in which case you MAY qualify for an 80% refund if your space can be filled by another registrant. Cancellation due to illness (with a doctor's note,) or due to unforeseen emergencies, MAY qualify for a refund depending on the overall event budget, which can only be evaluated after the conclusion of the event.



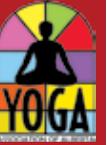
YOGA SANDALS®

There is no “flip flop” sound when you walk in these sandals!. Four “thongs” sit between each toe ensuring that the sandal does not slide around on the foot or accidentally get kicked off. Support of the heel protects your arch while the slope provides ambulatory stability. With each toe gently separated, there is a natural alignment of the foot bones and muscles, aiding posture and balance. The sandals re-retrain the toes to separate and improve a sense of grounding and balance. Countless yogis swear they provide relief from leg, hip and spinal discomfort, while having the convenience of a sandal in and out of the house. Available at YAA office and online at yoga.ca.

POSSIBLE BENEFITS:

- Align bones of feet and toes
- Help correct postural alignment
- Stretch muscles and tendons (Achilles)
- Improve foot flexibility and blood circulation
- Strengthen arches
- May alleviate hammertoe, bunions, plantar fasciitis and joint pain
- See yoga.ca for foot measurement/size.

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

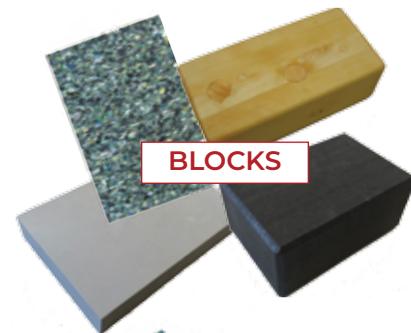


- Hand-made, unique design
- Locally made and sourced
- Multiple uses / applications
- Supports a personal yoga practice or for studio use
- Highly functional zipper-free, oval-shaped bolster stays in place securely instead of rolling away, which can be a problem when using round-style bolsters
- Body can naturally mould around its oval shape, allowing for a gentle, even stretch
- Two durable covers: inner & outer
- Variety of colours and patterns
- Sturdy handle making it easy to pick up
- Inclusion of a stabilizing inner core keeps the padding in place even after years of use and also adds a comfortable, therapeutic firmness to the bolster.



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

PROPS AND MORE



BLOCKS



STRAPS



BOLSTERS - 3 sizes, assorted patterns/colours



10lb SANDBAGS

MATS
Jade,
Manduka
Hugger
Mugger,
Zensation



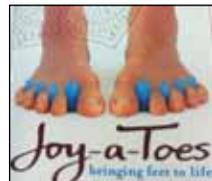
PEDICURE SANDALS



EYEBAGS



MEDITATION BENCHES, CUSHIONS, BACK CHAIRS



JOY-A-TOES TOE SPREADERS



YOPA PROP CARRIERS

INDIA BLANKETS



PRICES ON PAGE 39 & ONLINE yoga.ca
TEXT IN "RED" = props made in Alberta



PURCHASE PROPS AT OFFICE OR ONLINE AT yoga.ca

BLANKETS

Prices include GST \$\$

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



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