

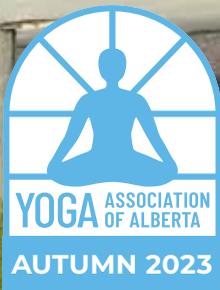


NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

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AUTUMN 2023 VOLUME 23 ISSUE 3





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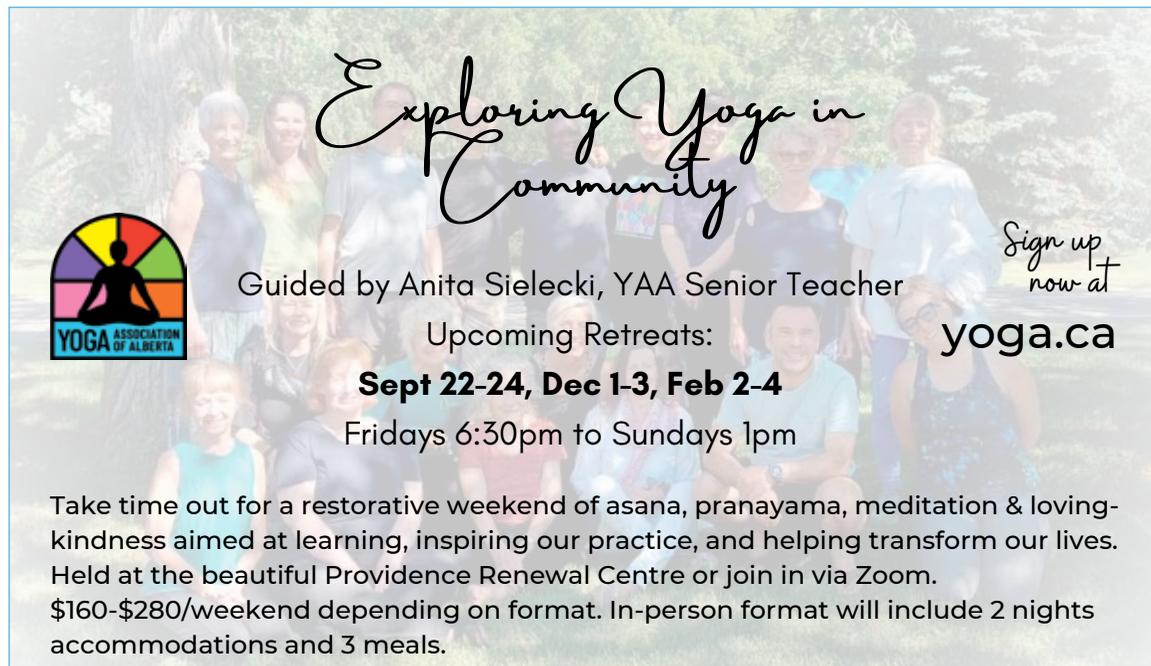
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The Yoga Association of Alberta is a non-profit organization offering yoga activities to the public for the purpose of providing self-development opportunities to Albertans through its own activities and in co-operation with groups practising all recognized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

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

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Size	Width x Height	B/W	Colour
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Calendar of Events & Advertising Deadlines: March 1, August 1 and November 1

Newsletter circulation is approximately one month after each deadline: April 1, September 1 and November 30

EDITOR'S MESSAGE

AGM Newsletter Report

By Dave Downing, Editor

My message to everyone was easy to write this time around; it's a summary of the report I submitted at the May 27/23 AGM (AGM report available at www.yoga.ca/about-yaa/). If you typically read the editorial to get some idea about the articles in the current newsletter, I assure you there will be something of interest to most readers in this newsletter.

I'll begin on a cautionary note. A YAA member, Dr. Iris Kumpula, commented on the neti pot articles that have been featured in the last couple of newsletters. She warned that it was important to ensure the water used in neti-pots is free of microbes and parasites. There have been a few accounts of people getting serious infections or dying from the improper use of neti pots. There are good articles on the internet that address the proper use of neti pots and the health hazards of some tap water that contains low levels of microbes (e.g., *Streptococcus* bacteria and protozoans including amoebas) that can cause serious and even fatal infections (www.fda.gov/consumers/consumer-updates/rinsing-your-sinuses-neti-pots-safe and www.medicalnewstoday.com/articles/249460#dangers).

You do have some options:

- purchase distilled water or sterile water or boil tap water for at least three minutes and then cool it;
- don't share your neti pot with others; and make sure it's washed and rinsed thoroughly and dried between uses;
- ceramic neti pots are generally easier to clean than plastic ones.

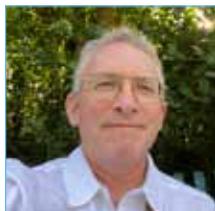
Now to the AGM editor's summary, in point form for ease of reading:

- The *Yoga Bridge* (YB) is a consistent and long-standing means of communication with our members; 47 years of newsletters is a valuable historic record of how yoga in Alberta has evolved and goes back long before the advent

of electronic social media. Just since 2010, over 300 articles and reprints have appeared in YB covering a wide spectrum of yoga-related topics (see online compendium at www.yoga.ca/newsletter/).

- Teacher training, outreach programs and community events are featured in most newsletters; we feature asanas when teachers offer to write about them. The newsletter includes administrative items of interest to members such as the highlights of annual general meetings and messages from the president and executive director. Photographic and poetic submissions are included from time to time. Information on article types is given on our website (www.yoga.ca/newsletter/)
- YAA advertises yoga props and other products of interest to readers on the back page of the newsletter.
- 26 articles appeared the Autumn 2022, Winter 2023, Spring 2023, diverse perspectives included: the value of yoga to seniors (2 articles); personal and scientific accounts of how yoga helps people deal with physical and mental health challenges (6 articles); complementary views on dealing with trauma from trauma professionals and a first responder (3 articles); community yoga outreach classes in Edmonton (1 article); yoga and meditation topics (4 articles); tributes to Helen Eshpeter who passed away in early 2023, and to Fr. Joe Periera (2 articles); yogic perspectives on death, dreaming, working with judgments, life in an ashram and how one's practice changes with time (5 articles); President David Maulsby's review of the past and a vision for the future (1 article); one asana article (Sage pose); and a YAA-Teacher Trainee's personal perspective of the *Bhagavad Gita* teachings. A summary of the 2022 AGM was provided in the Fall 2022 newsletter.

Meet YOUR YAA Executive



Steven Bell: I became secretary in 2022 and love the community of people that create this organization. I've had some incredible teachers and my work now is to share what I've learned. I teach and play music, sail and camp

with my family, ride a motorcycle, was a university design instructor, planted trees, shingled roofs and other things best forgotten. Culley and I have three beautiful, amazing daughters and being a part of their lives fills ours with joy. My yoga journey has been winding but the path has molded me to be who I am - and for this I am grateful.



Melanie Checknita: My yoga journey began over 37 years ago taking classes with Gerda Krebs. I completed my first 500-hour Hatha Teacher certification under Gerda. Over the years, I have been fortunate to study with many wonderful teachers in many different traditions. I am a Senior teacher with the YAA. I have owned Yoga Within for 15 years and have run a Teacher Training Program for 12 years.

Yoga has woven a path through my life and my heart. Yoga has taught me that strength and flexibility in my body are important but combining them with strength and flexibility of my mind allows me to face life's challenges with courage and a positive outlook. Yoga can be practiced by anyone. In time, it becomes a need not a want and the benefits are endless!

Anne Douglas: I have been teaching yoga, meditation and wellness for over 30 years. I offer workshops, trainings and retreats internationally



and online, and have over four million listens to meditations I have placed on the Simple Habit meditation app. My depth of wisdom, gentle humor and skillful instruction facilitates a joyful ease in learning and practice. www.anahatayogatherapy.ca.



Colleen Gehrke: I have been hooked on yoga for over 25 years and teaching since 2003. I feel blessed to have had many wonderful mentors and teachers over the years including the late Maya (Margo) Balog,

Sandra Sammartino, Jacque Smith, Barbara Eastham, Anita Sielecki, Elizabeth Michielsen, and Panditji Dabral. I would also like to thank Thich Phap Hoa, the Abbot at Truc Lam Edmonton Buddhist Research Institute for introducing me to meditation and mindfulness in the Mahayana Buddhist tradition. I am a senior teacher of the Yoga Association of Alberta (YAA) and certified through Alberta Parks and Recreation's High Five – Principles of Healthy Aging program. While my yoga teaching background has been multi disciplinary over the years having taught yoga programs for golfers, runners, restoration, pregnancy, and children, I always find that the thread that binds us together in our practice is gentle movement, breath, mindfulness, and meditation. In my spare time I enjoy golfing, trap and skeet shooting, oil painting, gardening, quilting, and spending time with my family. I'm excited to be a member at large for the YAA and look forward to helping spread the word about yoga in the province.

Karen Hamdon: I received my training in Traditional



Hatha Yoga from Friedel Khattab (Khattab School of Yoga) in Edmonton. She was my Master teacher and she continues to be an inspiration in my life. It's been a blessing to study and teach in India, Canada the Middle East and Costa Rica. I am devoted to providing my students a space where they may find balance, flexibility, peace and well-being in Mind, Body and Spirit through the practice of ConsciousYOGA. As the saying goes, if you don't take care of your body, where will you live?



David Maulsby: I joined the Board in 2012 as Secretary and was elected President in 2022. My meditation practice began informally as a kid. Back problems from toiling as a computer science researcher and R&D manager led me to Hatha Yoga in 2005, whereupon I soon discovered

restorative yoga and Critical Alignment Therapy. This led me to Yoga Nidra and iRest meditation training with Richard Miller in 2007. The yoga path then acquired an intriguing curl: Feldenkrais Awareness Through Movement. These days, I host the Calgary iRest Kula and a Saturday Morning Yoga group that practices a blend of freeform asana, BodySensing and Feldenkrais.



Erin Michie: I have been practicing yoga for almost 40 years and teaching since 2005. I have studied with exceptional teachers and I count my teachers, the teachings and yoga community among my blessings. I first

certified through Sandra Sammartino, and then the Yoga Association of Alberta (YAA). I am a senior teacher and board member of the YAA and am also certified in Integrative Restoration or iRest®, Richard Miller's approach based on the practice of yoga nidra. I offer private sessions to individuals, and custom classes and workshops to small groups. I've also studied several other modalities and incorporate these into my work.

Helen Morgan: I first came to yoga over 30 years ago to help alleviate the stress of my job as a Child Protection lawyer. Having been thrown out of a yoga class in London for laughing, I was delighted

to find the relaxed atmosphere of YARD in Red Deer and did my YAA teacher training there under the wonderful wings of Ann Waschuk and Paula Carnegie-Fehr. I've met so many other extraordinary teachers along my yoga path, and feel incredibly lucky to be able to pass their teachings on to my students. For the past decade, I have taught in rural communities around Red Deer and never cease to be amazed at the transformative effects of the practice.



Anita Sielecki: I attended my first class in 1973. Over the following fifty years yoga practice has slowly permeated and transformed my entire life. I studied with teachers from many traditions and was certified by the YAA in 1990. Soon after, attending a retreat taught by Sandra Sammartino

shifted my view of yoga: not only a practice for physical and mental survival, but the backbone of a wholesome way of life. I certified with Sandra in 1994 and within a couple of years I left my career in science behind to teach Yoga at the University of Alberta.

From the early 80's to this day, I have served uninterruptedly in all the different roles within the YAA Executive and as an organizer of Yoga and Meditation retreats. My commitment is based on the hope and wish that Yoga can help build more mindful communities and be a vehicle for social change.

Peter Skirving: I have been a student of yoga for many years. My interest in eastern philosophies was sparked by Hermann Hesse's Siddhartha. I have been fortunate to have learned from many inspiring teachers over the years—in particular, Liz McLeod in Edmonton and David McAmmond in Calgary. I am interested in the interaction and interconnection of asana, breath and meditation. I also think that these activities have a beneficial effect on my other interests which include hiking and cross country skiing.

Writing About Asanas....

by Angelika Hoffmann

Dear Dave, I haven't kept track of how many times in your capacity as YAA "Yoga Bridge" Editor you have asked me to write an article about asana and I must admit that though I have senior and permanent YAA certification I feel like a fraud. I appreciate your belief that I can write an article about "legs up-the-wall" but I don't feel qualified to do so; I don't even recall the Sanskrit name for "legs up-the-wall". (*Savasana* I know. It's the pose that made me fall instantly in love with yoga on a snowy cold January evening in 1995 above the gym at what used to be known as the Grant McEwan College. *Tadasana* I know too, because it's a pose that still challenges me. Who would have thought standing could be difficult?)

My body shape may not shout at first glance that I am *not* blessed with the same strength and flexibility as the people who adorn glossy yoga magazine covers seem to have. With the help of teachers like Dr Paula Fayerman who taught the YAA workshop, *Trauma Informed Yoga Training*, I am beginning to discover just how much trauma my own body is holding and presently my learning is all about consciously releasing that trauma. Physical "Yoga" does not come naturally to me. I may simulate some classical postures but I feel best, I feel free, when I wiggle and move or at least tighten and relax within asana. I get stiff and sore and have hurt myself while doing asana if I don't wiggle and move when called from within to do so. Exerting excess effort in asana is not my strong suit - maybe because I forget to breathe, maybe because I forget to ask my body what it needs or maybe when I put a lot of effort into the asana, it becomes more like a performance than a meditation. I derive benefit when I adapt yoga to what I need in the moment with the intention of creating length, space and energy flow.

I can share a "legs up-the-wall" experience ... Before COVID I attended yoga classes even when I didn't feel 100%. In one class my nose was stuffed and it took all I had to remain with my legs up the wall because breathing was becoming increasingly difficult as my head and face filled with mucus. For whatever reason, I stayed in the pose, I didn't get up and leave the room, my usual response when I get uncomfortable. Surprisingly, soon my nose began to clear and breathing slowly became easier and easier. From that day I started to look at yoga as medicine.

I am thankful for the teachers who let me modify their instructions and for not kicking me out of class for not doing exactly as instructed. I did manage to get myself kicked out of a city recreation yoga class. I was looking forward to class because I knew the instructor as someone who stays in one asana for long periods of time providing me with ample time to move and then eventually settle and breathe, and just "be" for a while. However, an enjoyable class was not to be in my future that day. The instructor soon let me know s/he was displeased with my wriggling and moving and that I was not immediately falling into a reclined twist with knees right to the floor, opposite shoulder on the ground, and on top of that I had my eyes closed when I had been specifically instructed, twice, to keep my eyes open. (I did not know s/he could see my eyes or would remotely care). At one point, eyes closed, I eerily sensed the instructor standing over me, glaring, and I got the feeling my being at the very back of the class far from the only other two participants in a huge room was really perturbing her/him. I opened one eye and asked if s/he'd like me to leave. Her/his answer was, "It's getting to that point, yes." I packed up and left, bowing namaste at the door.

Boy did I learn something valuable that day. You see I was about to begin the teenage years

"I derive benefit when I adapt yoga to what I need in the moment with the intention of creating length, space and energy flow."

with my kids; that day I was allowed to feel what it was like to be judged and deemed uncooperative. I gave my best in the only way I knew how but it wasn't enough. I had the freedom to leave that adult yoga class and not return. Most teens are not so lucky. Today I can say a heartfelt Namaste to that instructor. I hope that that experience helped me be more understanding.

Where were we? I'm not a "legs up-the-wall" expert but I must say that moving into twists with the bottom of my feet on the wall feels wonderfully supportive. *Sukhasana* or *Baddha Konasana* and bridges with feet on the wall are lovely too. I'm always intrigued when I first put weight in my feet on the wall and my back begins to spread and lengthen right to my shoulders and neck. I move in and out, knees bent then straight, legs apart in a V, legs falling right or left from the hips or I do simple ankle or foot movements. Placing a block or two under my sacrum brings me into an inversion which can help with sleep and increase blood flow to the face, reduce wrinkles and maybe leading to a youthful glow.

Yoga has provided me with untold benefits and I have also learned what is less nurturing for me. I doubt you want someone challenged by held-trauma who gets herself kicked out of a yoga class writing a yoga article. You may also not be aware of the fact that as a young mom, I paid for months of yoga classes just so I could sleep on my mat undisturbed for a couple of hours each week. I have to say that I still feel the "Dharma Rain" that permeated my body during those sleeps flow through my grandmother bones and being to this day. If I should ever become wise I may be able to write an article for the *Yoga Bridge*; for now, I don't feel quite ready yet.

Namaste, Angelika

Angelika Hoffmann is a permanently certified Senior Teacher with YAA. Her contact details are available on the YAA website yoga.ca (Find a Teacher).



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Dragon Bench Yoga

by Dr. Jerry Pyrozko

Most of us want to look good when learning a new yoga pose. But what happens when we quit worrying about how we look in a pose and start focusing on how the pose feels instead?

Entering a pose too deeply for your current abilities in an attempt to look good could play havoc with your body's alignment. Entering into a pose incorrectly may cause pain, fear and trepidation. A calm mind and a balanced breath are difficult to attain if you feel uncomfortable. One could argue that it's better to perform a pose halfway than to go deeper and negate its purpose. Fortunately, pose modifications and props can be used to achieve proper alignment no matter the size, shape, or flexibility of the individual. "Every Body" is different; everybody has a different history of previous injuries, and present physical issues must be taken into account when undertaking a yoga practice.

As a chiropractor and a teacher and student of yoga, I have seen patients and students with pain in their hands, wrists, shoulders, elbows, knees, necks and low backs as a result of yoga and other activities. Injuries often result if teachers without proper training teach poses incorrectly or without suggesting safe modifications to students who aren't aware of safe ranges of motion. Learning on one's own from videos or books can also lead to injury. In addition to proper instruction, a good knowledge of anatomy is important and is part of my teaching practice.

What does "Alignment" mean and why does it matter? There are two types of alignment: Functional and Aesthetic.

Aesthetic Alignment is concerned with how your body or form looks in a pose — it's purely focused on visual appeal.

Functional Alignment focuses on safely getting in and out of a pose based on your skill level and range of motion, as well as the optimal



performance of the pose. This means you are achieving the goal of the pose. For example, the goal of a forward fold is not to touch your toes, but to stretch the back of the legs. Looking good for others is not the goal.

Proper functional alignment reduces the risk of injury and maximizes the benefits of the poses. The use of a prop can also give added support and reduce the risk of injury. This is where the Dragon Bench can help!

So, what is **Dragon Bench Yoga** and how did it come about? This involves discussing a bit of history.

My first formal exposure to yoga practice was a credit course at the University of Alberta in 1989. It was taught by Dr. M. Singh Ph.D. who was one of the cofounders of the Yoga Association of Alberta. Then when I began a Chiropractic practice in Stony Plain in 1994, I started learning Iyengar yoga with Evelyn Nixey in Spruce Grove.

As I'm sure many know, Yogacharya B.K.S. Iyengar is known for his attention to alignment. He also introduced many yoga props. As a chiropractor I naturally gravitated towards this type of yoga practice and earned the 200-hour Yoga Teachers Certification in 2015 and Yin Yoga Certification in 2016. I have also been practicing kung fu for decades at an advanced level and the Dragon Bench is one of the weapons typically used in the practice.

This provides you with some context for the Dragon Bench prop and how I came to appreciate its value to help yoga students achieve functional alignment.

The Dragon Bench was originally used as restaurant seating in China and doubled as a handy weapon if you were for some reason attacked. It dawned on me that the bench could be used for more than a weapon or something to sit on. I would always incorporate some yoga into the kung fu classes I teach; I saw that some students had difficulty with some of the "stretches" (poses) and I would offer them a Dragon Bench as a prop to assist them. As I began using the bench more and more and saw its value, I had a few made. I modified the design a bit to make them more stable and easier to maneuver and began using them in yoga classes that I teach.

The use of the Dragon Bench is along the same line as Chair Yoga. The Dragon Bench allows most people, even those with mobility limitations, to ease into poses, bring their attention inward, and to calmly and deeply feel the pose.

Reading about chair or dragon bench yoga doesn't give much insight into the benefits of either. Many readers will probably have used a chair and

have experienced the benefits of support in seated poses. Having experience with both, I think that the Dragon Bench is somewhat more versatile; however, it doesn't provide the security of a chair and is therefore better suited to people without severe mobility or balance issues..

If you're interested in learning more, here is a link to a video demonstrating a few yoga poses performed with the help of the Dragon Bench. <https://youtu.be/ada25cn1zZQ>

For readers who are woodworkers or know someone who is, this video link describes in detail how the bench can be made: <https://www.youtube.com/watch?v=YEFZUDElp8s>. Currently, I have only had a few made, but I'm looking into how I can produce more of these for less money. (And perhaps this article and the videos will inspire you to envision how other household items could be used as props in your own practice).

Dr. Jerry Pyrozko is a licensed chiropractor, yoga instructor and Kung Fu master. He can be reached at yogijersangha@gmail.com and details of his martial arts training are available at www.greendragonkungfu.ca/.

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Richard Miller is a world-renowned teacher, author, yogic scholar, researcher & psychologist well versed in the non-dual teachings of Yoga, Tantra, Advaita, Taoism, Buddhism, psychology & neuroscience.

Tribute: Dr. Martin Jerry 1937-2023

by Valery Petrich

Martin Jerry was a brilliant star who helped thousands to heal, who provided selfless service throughout his life, and who shared esoteric concepts of consciousness in a way that sincere students of yoga science could relate to. He is survived by his wife Marian and sons Paul, a psychologist and professor at Athabasca University and Marc, a Lutheran minister and President of Luther College, Regina.



had a burning desire to understand effects of spirituality on wellness. He pioneered meditation and yoga programs for patients and staff at the TBCC. He studied how the metaphysical teachings of the early Vedas in eastern spirituality could enhance the western medical model. Later, he and Marian wrote books about the fusion of medicine, holistic mind-body health and Vedantic philosophy (see notes).

How did Martin come to study the Vedantic texts and develop an approach that he felt would benefit others? His journeys into the metaphysical world began when he was a young man. He met Marian at a summer camp for disabled youth in Ontario where both were volunteers. They shared a similar perspective on life and their marriage was a beautiful symbiosis of spiritual inquiry and service to others.

Their early life together explored various spiritual and psychological avenues, many of which emphasized meditation. In the early 1980's Martin and Marian opened their home for a Thursday night meditation gathering and eventually formalized it under the name Foothills Yoga Society. Both were inspired by research they had read from the Menninger Institute, where Swami Rama of the Himalayan Tradition (who they were later to meet) had demonstrated the role of meditation in voluntary control over physiological processes like body temperature, heart rate and brain activity. They invited volunteers from the group to help demonstrate the effect of meditation on the immune response. Martin's studies showed how meditation 'turns genes on' in circulating

Martin possessed a rare combination of scientific excellence, spiritual insight, dedication to service and superb communication and management skills. Born in Toronto, he attended university there, specializing in internal medicine and earning a Ph.D. in immunology. He taught at McGill University and was recruited to establish the Southern Alberta cancer program, and to serve as Director of a new Calgary Cancer Clinic, later called the Tom Baker Cancer Centre (TBCC). He established links to the University Medical School and eventually a full academic Department of Oncology was established. He helped develop further cancer treatment centres throughout Southern Alberta. When the magnitude of the cancer problem outgrew the capacity of the TBCC to manage, the Calgary Cancer Hospital was built. He assisted the World Health Organization (WHO) to design and implement cancer control programming in developing countries. -

Martin was an early and enthusiastic advocate of the now widely accepted concept that there could be a link between consciousness, spirituality, and science. Throughout his medical career, he

immune cells. Although his research generated little interest at the time, he highlighted the link between meditation, breath and the immune response that has become part of the western medical integrated treatment approach to illness.

Their meditation practice changed the day they attended a lecture given by Swami Veda Bharati of the Himalayan Tradition. Soon after, they asked to be his students and he initiated them into the Tradition. Swami Veda frequently visited Calgary to provide training in yoga and meditation to Foothills Yoga Society members and became like a valued member of the family.

Later the Jerrys met Swami Veda's Gurudev, Sri Swami Rama at the Himalayan Institute in Honesdale, Pennsylvania. They describe this as a fortuitous event that found them committing on the spot to a higher initiation into discipleship. Martin related to me that, "There was no hesitation whatsoever as it seemed to us we had arrived at our spiritual destination. Once you have met a master your life is changed forever. Forces were at work. A door opened and we walked through it, and again, looking back, we could see the whole pattern."

From Swami Rama, Martin came to understand the role of the guru in guiding one to their inner self, the Centre of Consciousness within and the importance of independence from the guru. This guidance served Martin well.

After that life-altering encounter, Marian and Martin studied and taught during the summers at the Himalayan Institute's annual conference and at Swami Veda's Meditation Center in Minneapolis. They hosted a first-ever Calgary yoga conference at the University of Calgary in 1989 which featured Swami Rama and Fr. Joseph Pereira as keynote speakers.

One day Swami Rama (Swamiji) decided to build a major hospital in the Himalayan Foothills near Rishikesh, India. Martin received a phone call from him asking to please help with the project. Swamiji repeated his request three times on the phone and then he hung up, refusing thereafter to speak of the project. Martin told me, "As it unfolded, this became our training in learning to access the Master's guidance intuitively. There followed the most amazing adventures, some hazardous, travelling to villages in the Himalayan Foothills

but all under the guidance and protection of Sri Swamiji."

After investigating many possibilities Martin finally worked through the Division of International Development of the University of Calgary (U of C), to acquire a substantial five year grant from the Canadian International Development Agency (CIDA) and along with funding from Rotary International established an outreach program for the new hospital near Dehradun, India, named the Himalayan Institute Hospital Trust (HIHT) [www.hiht.org]. HIHT recognizes both Martin and Marian to this day for their significant contributions. Martin brought services for pediatrics, oncology, nursing and dentistry from the U of C, TBCC and the WHO. Marian, with expertise in psychology and nursing, established a firm base of psychosocial support for HIHT.

Martin and Marian said that, "People from villages had to walk forever for help with cancer. Today that has all changed, thanks to people from Calgary and WHO."

After retirement Martin and Marian published three successive books which summarized the essence of their inquiries into and integration of science, health, psychology and spirituality. *Sutras of the Inner Teacher* is a comprehensive and insightful text containing methods and maps on how to work with the Centre of Consciousness or "the essential direct experience".

This text was used as a curriculum for the Teacher Training Program at the Himalayan Centre in Minneapolis and was later adopted into the advanced Teacher Training curriculum by the Yoga Studio College of Canada in Calgary. This text was followed by *The Chariot of Sadhana* and *Journey to the Centre* forming a trilogy of complementary works (see references).

Martin and Marian summarize the progress of meditation succinctly: "with the opening of the centre of consciousness meditation moves from method to experience, from doing to being, from effort to absorption"¹. They summarize one way in which this process is accelerated—when the student is qualified to be taught and meets the guru: "it is awakened through the grace of one's Spiritual Preceptor by initiation. The Spiritual Preceptor is a messenger whose task is... to introduce the student to the teacher within..."

“...a student with this inner contact may spend very little time with the master physically but remain in continuous inner contact.”

“The spiritual teacher will step aside to show us that all the love we have been giving him has been directed to our own Atman. It is in order to unify the consciousness of the disciple that the relationship exists.”²

It is this in-depth understanding of the role of the guru that sustained Martin and Marian’s loyalty to Swami Rama.

Finally, Martin eases our sorrow at his passage with these words of encouragement:

“The mind is a field of energy which has a core or centre from which it operates and spreads out into the personality to give it life and function. At the hour of death it withdraws and returns to that centre. That centre or point then migrates like a spark to another space/time/causation set of coordinates called a re-in-carnation. The art of meditation is to die in peace with centredness. So meditate. Learn to do it happily throughout life. And when the time for the real centredness of death comes, you are treading familiar territory.”³

Travel well, Martin, until we meet again...

¹ Jerry, Martin and Marian. 2000. *Sutras of the Inner Teacher: The Yoga of the Centre of Consciousness*. 2M Communications, Canmore, Alberta.

Available through Amazon.ca. p.55.

² *Sutras of the Inner Teacher*, p. 35-38

³ *Sutras of the Inner Teacher*, p.216

Other publications:

Jerry, Martin, Jerry, Marian and Mahamandaleshvara Swami Veda Bharati. 2006. *Chariot of Sadhana*. Unlimited Publications LLC. Available through Amazon. ca

Jerry, Martin and Marian Jerry. 2016. *Journey to the Centre: Yoga of the Spiritual Heart*. Available through Lulu.com

Val Petrich is a long time teacher and founder of The Yoga Studio of Calgary and the Yoga Studio College of Canada. She is an author, speaker and educator on yoga. She lives in Richmond B.C. and can be reached at lyogalady@gmail.com

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The Wisdom of Ayurveda for the Yogi

Introduction & Autumn Routines for Health

by Allison Ulan

Hippocrates wisely said, “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.” Staying disease-free and healthy has become a Herculean task for many of us because of stressful lives, chaotic schedules that don’t allow for adequate rest and nutrition, poor dietary choices and toxins in our air, water and food. But there is another way.

Ayurveda and Yoga have shown the path to good health for millennia. The importance of a balanced and nutritious diet and a calm and peaceful mind to encourage self healing and awareness at the physical, mental and spiritual levels is a focus of both of these sister sciences. The basic principles of Ayurveda and how it supports sound health and mental clarity are outlined in the next few paragraphs.

Ayurveda, “the science of life”, is the traditional natural medicine of India dating back over five thousand years. It looks at healing from a much different perspective than the conventional “western” approach to medicine. Western medicine typically employs physical interventions to deal with acute health issues. Ayurvedic doctors recognize that this is an important aspect of treatment – treating a broken leg through resetting bones and applying casts or intervening to stop the progression of a serious infection or an aggressive cancer are aspects of Western medicine that are undeniably beneficial. However, once acute issues are adequately dealt with, the Ayurvedic approach to chronic disease through understanding the whole person can be highly effective. Ayurvedic treatments also use pharmaceuticals (and once employed advanced surgical techniques) to heal, but the approach is tailored to the individual patient and looks at the whole person from a

perspective of restoring balance through diet and other actions.

Each of us is unique. A diet that is good for one person could be poison for another. An exercise routine that works to promote health in a young, fit person is quite different from one that is appropriate for someone with a few decades of life experience. Some people are outgoing and social; others are introspective and prefer to be alone. So, the path to physical, mental and spiritual health is different for everyone. Even for the same individual, the approach to health will need to be adapted as s/he ages, from one season to another or if her/his life circumstances change abruptly. Ayurvedic practitioners are trained to understand the basic constitutions of their patients by closely observing their physical appearance, habits, speech, state of mind and so on. It is only through this in-depth approach (quite a bit different than the usual physical exam many of us are used to receiving) that they can prescribe a regimen that will help the patient restore and maintain health.

The Three Doshas and The Five Great Elements

The science of Ayurveda is based on an understanding that the physical universe is composed of five great elements that interact in infinitely complex ways to produce the myriad of forms that exist in time and space. The five elements (Pancha Mahabuta) are ether, air, fire, water and earth. Humans are considered microcosms of the universe and our form and function is similarly determined through the interaction of these elements. Ayurvedic science classifies humans as belonging to one or more of



three major groupings of elements called Doshas. In terms of the body, the five elements are related to organs and processes as follows:

- **Ether or Space**, the first element, is found in the many spaces of the human body. For example, the mouth, nose, gastrointestinal tract, respiratory system, abdomen, thorax, capillaries, lymphatic system, tissues and cells all contain space.
- **Air**, the second element, manifests in larger movements of the muscles, pulsations of the heart, expansion and contraction of the lungs and the movement of the stomach wall and intestines. Activities of the central nervous system are governed by air.
- **Fire**, the third element, relates to the source of heat and light in the solar system, the sun. In the human body, metabolic processes like those that convert food to usable energy through enzymatic reactions are the manifestation of fire. In the grey matter of the brain, fire manifests as intelligence. Fire activates the retina, which perceives light.
- **Water**, the fourth element, is vital for life, enabling the flow of various fluids that are involved in the transformation and transfer of energy through the body (e.g., digestive and salivary juices, mucous membranes, blood and intra/intercellular fluids). As the physical manifestation of flow, it helps to remove toxins from tissues, facilitating rest, renewal and release.
- **Earth**, the fifth and densest element, provides structure and stability without which the body would have no form. The earth element includes solid structures of the body, like bone, cartilage, nails, muscles, tendons, skin and hair. Without this element, the body would have no structure.

The three basic combinations of the five elements recognized by Ayurveda are the three doshas Vata (space (ether) and air), Pitta (fire and water) and Kapha (water and earth). The discussion of these doshas and their physical, mental and spiritual correlates is too detailed for this article. As a very superficial generalization, Vata people tend to be thin and move quickly (airy, cool), Pitta people tend to be well proportioned and focused on action (fiery,

warm), and Kapha people tend to be heavier and relatively calm (earth, stability). It’s sufficient to know that all of us have characteristics of all these doshas. One of them is usually dominant but there are typically secondary influences of one or both of the others. They determine how we look, think and act. When they are in proper balance for us, they result in good health and a positive mental attitude. When out of balance, the results can be illness and mental distress. For more information, read *Ayurveda: Nature’s Medicine* by David Frawley and Subhash Ranade and *Ayurveda: Life, Health and Longevity* by Robert E. Svoboda.

The Doshas, their qualities and the food

An Ayurvedic diet appropriate to the individual nourishes the body and recognizes the positive and negative effects of foods. Foods that are good for us balance our doshas, but foods that are not, aggravate them. Each food is characterized by a combination of tastes of which there are six, and certain combinations of tastes are good for some doshas (e.g., sweet and salty are ok for vata and pitta doshas, but not for kapha; bitter and astringent tastes aggravate vata constitutions but are more beneficial for kapha; sour and pungent tastes can aggravate and elevate pitta doshas). This subject is also too vast to discuss here in more detail.

Ayurvedic Recommendations for Autumn:

Fall can be considered the season of vata, because like vata, it has a light, cool and mobile (windy) characteristic; it can be cool, windy and drying. The main recommendation for everyone, especially individuals who have a vata constitution, is to keep warm, nourished and hydrated. This can be one of the most difficult seasons for many people to navigate because of the weather fluctuations.

The recommendations I give here are suggestions only, because our doshas are all different. Not all of them might work for you. Apply the recommendations that appeal to you starting with the ones which are easiest. Then work with the others slowly and steadily. Take your time.

1. *Wear clothing that maintains your warmth and comfort both indoors and outdoors. On windy days, cover your head and ears with a hat or*

- toque. Windy and chaotic movement aggravates vata. When working outside, wear warm and comfortable clothing.
- The best colors to wear are warm in tone such as red, burgundy, yellow and brown. White and green can also be worn.
 - In the morning before showering or bathing, rub 4 to 6 ounces of high quality sesame or almond oil on your feet, hands and scalp or all over your body if you are open to this. Sesame oil is best for people with Vata constitutions because it is warming and heavy.
 - Follow a vata pacifying diet. Emphasize soups, stews, curries and casseroles made with root vegetables such as carrots, turnips, parsnips, yams and sweet potatoes. Cook them lightly to retain their nutritious value. For meat eaters, fish is recommended in the Autumn.
 - Boost your Ojas - Ojas can be translated as our 'vital essence'. It represents the body's vigor, energy and juiciness. It is related to Kapha's more positive qualities of stability and strength. Physically, it relates to the lymphatic, myofascial and immune systems. During times of instability and change like cold and dry weather, ojas can become depleted. This can lead to physical and mental weakness, decreased digestive fire, low mood, seasonal affective disorder and depleted energy levels. To replenish your vigour and maintain optimal levels of ojas, add these foods to your diet on a regular basis: sesame oil and other healthy oils such as coconut, olive and almond; ghee (clarified butter); nuts and seeds: almonds, cashews, walnuts, pumpkin seeds, sesame seeds; tahini; and fruits (bananas, dates, avocados and figs).
 - Do your physical yoga practice in the early morning or early evening (before 8 pm). Emphasize Sun Salutations, standing postures, and sitting postures which promote groundedness. Practice supported back bends, supported paschimottanasana and savasana at the end of your daily practice to soothe the nervous system.
 - Practice the soothing and balancing pranayama of Ujjayi pranayama and Nadi shodhana.
 - Drink warm beverages such as teas made with ginger, cumin, nutmeg and cinnamon. Drink warm liquids as much as possible to avoid

constipation which is more prevalent in the Autumn.

- Before bedtime, drink a vata soothing drink of warm milk (goat's milk or almond milk) with a pinch of ginger, nutmeg and cardamom. Sweeten the tea with honey or maple syrup.
- Go sun bathing and do forest walking in the mornings.
- If possible do an Autumn cleanse. See an ayurvedic practitioner to receive the method correct for you.

Again, try the recommendations that are easy for you. Notice whether they support your body, mental faculties and emotional states. Slowly move to applying the rest of this information so you have an Autumn of good health, vitality and joy. In Metta, Allison

Allison Ulan is a registered yoga instructor teaching for the past 25 years. She is also a Vipassana Meditation teacher who trained at IMS and Spirit Rock and is completing her Ayurvedic degree through Shri Ma Ayurveda Clinic and School of Ottawa. Her website www.allisonulan.com, includes information on yoga, meditation and Ayurveda.



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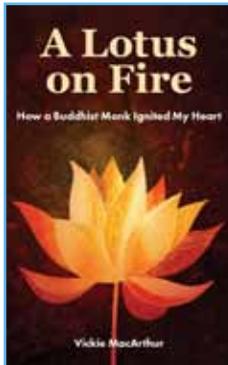
A Lotus on Fire: How a Buddhist Monk Ignited my Heart

by Vickie MacArthur; book review by Lana Cullis

Vickie MacArthur’s spiritual memoir, *A Lotus on Fire: How a Buddhist Monk Ignited my Heart* begins with a mystical quandary. She questions how a singular gaze of awakening shared between herself and Zen Master Thich Nhat Hanh can be integrated and sustained within her spiritual framework, yoga practice and daily life. *A Lotus on Fire* is a spiritual love story that shares about both the ordinary and mystical relationship between spiritual teachers and their students, and how that relationship points us back to the true teacher within.

Written in the format of letters to her teacher, the arc of Vickie’s story moves from a moment of individual awakening that evolves over time into a kind of collective wisdom, gained from integrating lived experience with the teachings and practices of yoga, Buddhism, and Christianity. Vickie is dedicated to helping others slow down and pay attention through somatic and embodied practices. She also teaches Yoga Nidra, as a way of relaxing, and releasing stress and trauma held deep in the tissues of our body. In *A Lotus on Fire*, Vickie’s poetic prose and commentary serve as invitations to the reader to deepen their connection to embodied wisdom. Reading about the Plum Village practice of “Listening to the Bell,” the reader may be drawn deeper and deeper into a contemplative posture—to pause, breathe, notice—from letter to letter and chapter to chapter.

A Lotus on Fire weaves together sacred teachings and practical living. Through tender and vulnerable



self-reflection, Vickie takes us on an intimate journey through her inner life, revealing all the highs and lows, doubts and fears, challenges and joys of the spiritual journey. *A Lotus on Fire* reveals hard won life lessons alongside more didactic exploration: uncertain diagnosis and treatment options when her toddler son was hospitalized for seizures; a hospice journey

then the subsequent grief following the death of her mother from ovarian cancer; and discerning how to maintain a vibrant marriage alongside a devotee relationship with her teacher Thay.

The quest for spiritual awakening, and yearning for a teacher who can guide us, is an age-old story with enduring power. Who awakens? What do we awaken to? In the telling of her story, Vickie wrestles with intense longing and vulnerability, finally reconciling the fiery passion of the Christian mystic’s heart with the calmness of the Zen Buddhist mind. Historically, the quest for spiritual union is not unfamiliar, although often viewed as unattainable or even ill-advised in the modern context. In yogic terms, this spiritual love is known as bhakti, the yoga of love and devotion. It is the spiritual love invoked by Sufi poets, Christian saints and mystics, Hindu holy men and Sadhus, and Buddhist masters in the tantric tradition. Tempered with the Buddhist practices of mindful attention and non-attachment, Vickie’s memoir ardently explores the energies of both eros and desire on the spiritual path.

A Lotus on Fire: How a Buddhist Monk Ignited My Heart is far more than a good read, it is a resolute call to open our hearts to compassion, our minds to

discernment, and to practice more loving kindness. Vickie’s book mirrors her interfaith practice, giving ample room for the reader to consider the range of esoteric experience. Like any good memoir, her story turns out to be a universal story. Vickie’s narrative beckons the reader to consider their own capacity for listening, claiming, and naming personal conversations with all that may be known as Sacred.

Lana Cullis lives, writes, and plays in Powell River, BC, (q̓at ʔət [q̓athet] Regional District) on lands traditionally stewarded by the Tla’Amin First Nation. Her story *The Kiss* appeared on the BC Writer’s 2022 Literary Contest Longlist. Lana is a regular contributor with *The Powell River Peak*, guest hosts *Life Story Writing* online, and teaches “Writing into the Sacred” to community groups.

Vickie MacArthur offers classes and workshops at her yoga studio (*Spirit in Motion Yoga*) in Lethbridge, Alberta that focus on the healing connection between body, mind, and spirit. Her debut book, *A Lotus on Fire*, is summarized in the above review. For more information on Vickie and her book, see her website: www.vickiemacarthur.com



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Tribute: Grace Elizabeth Little February 8, 1935 - November 26, 2021

by Paula Carnegie Fehr and Ann Waschuk

Editor's note: This tribute to Grace Little published in the Autumn 2015 Yoga Bridge newsletter honours her long history with the Yoga Association of Alberta and her contribution to yoga. Grace passed away in 2021.

What was the greatest lesson you learned from yoga? "I think it taught me humbleness. That you can always be better," replied Grace Little. In her home in Innisfail, Grace reminisced and shared with us a life of the practical yogini from an unassuming, matter of fact perspective. A woman of pragmatic nature, Grace can be light in her conversation and yet strike into deep profundity in the next breath.

Born in Vermilion, AB at the end of the depression, Grace and her family called the Buffalo Coulee area home. It was here, at the age of 11, that Grace is practising *dhanurāsana* and looking very much at home in her body. We asked her how she knew to do this pose? "I don't know. I probably saw it somewhere. I couldn't do it at first, but I practised by placing a bunch of sofa cushions underneath me. I gradually removed them one at a time until I was able to do the pose." She then looked at us and said, "That's one way to teach it." (She will always be our teacher.)

Grace is known as the "Grandmother of yoga" in Central Alberta. For over 40 years, she taught classes in Banff, Canmore, Lake Louise, Lacombe, Rimbey, Innisfail, Bowden, Olds, Three Hills, Rocky Mountain House and Red Deer. There were no yoga studios back then. Thus, Grace found herself teaching with and for community groups, schools, churches, the city of Red Deer and the Red Deer College. Although she is no longer teaching classes, she currently



attends classes in Innisfail with her grand-student, Enola Nygren. Grace is not only a gracious teacher, but also a most gracious student.

In 1969, raising three children with a fourth on the way, Grace was in need of respite. Richard Hittleman and Kareen Zebroff were then sharing yoga on television. Grace found their classes to be very helpful in reclaiming both her physical and mental well-being. Kareen was particularly influential at a time when Grace was wondering about her life. She felt the practice gave her many coping strategies.

Grace truly believes the more you do yoga, the more you want to know about your body. This led her not only to delve deeper into yoga studies, but also to acquire certificates in massage therapy, reflexology, Healing Touch through the United Church and fitness as an Alberta Fitness Instructor for Seniors (AFLCA). She had been taking classes in Banff with Shirley Took in the mid-1970s and teaching some classes under Shirley's guidance when the Yoga Association of Alberta came into being. Grace was amongst the first to join the YAA and to sign up for its teacher training program. She became a member of the YAA executive early on and continued to serve on the Board of Directors until 1993.

While living in Banff and later in Innisfail, she travelled to Calgary and Edmonton to attend classes and workshops with "some of Alberta's great teachers." Included in that list are: Hilda Pezzaro, Gerda Krebs, Jean Bosworth, Dr Hubert Dhanaraj, Margot Kitchen and David McAmmond. She fondly reminisced about the annual YAA conferences and about other opportunities she had to study with notable international instructors

including BKS Iyengar, Kareen Zebroff and Richard Hittleman.

Through her teacher training, Grace was encouraged to study at the Yasodhara Ashram (founded by Swami Sivananda Radha in Kootenay Bay, BC). She and her husband, Stu, attended 14-day retreats there for a couple of years. She giggled as she told us how she got to retreat into yoga practice while Stu got to retreat into ashram work. She also was able to study in places such as Toronto, California, India and Nepal. On the day we visited her, she had out her pictures of her time in Nepal. This was just after its second earthquake and she was concerned about the community. She was happy to report that her yoga friend was all right. Ever the dedicated student, Grace still takes classes wherever she travels – even Inuvik!

While she was teaching, Grace saw the teacher in her students and had no hesitation to call them to the mat. It didn't take her long to see it. She approached Paula Carnegie Fehr about teacher training at the end of Paula's first class in Innisfail. She simply handed Ann Waschuk a TTP application with directions to fill it out – no questions asked. Once she knew the student was ready, she generously shared from her storehouse of lesson plans.

What did she want to impart to her students? What is the greatest thought or lesson that she hoped her students received from her? "I think the greatest lesson I sort of stressed and that I see in some of them is awareness. Where is their body? I think it's helped the students to know where they are and what they're doing with what they have." Her own lessons included becoming more mindful, not only of herself, but of the earth and others. Yoga has permeated her everyday life. "I think I even walk more because I've done yoga." It has also permeated her family. Although only a couple of her family members are practising *āsana*, she feels they too have become more mindful of themselves and the world.

From early on, Grace stressed the importance of family and maintaining a balanced family life. She felt it was imperative to "not lose the family to the teaching." This has been a source of inspiration to her students because they see her deep and loving connection to Stu, her husband of close to 60 years, her children and grandchildren. This is a

great example of yoga in action (*kriyā*) in our Western culture. It reminds us that we don't have to isolate ourselves in a cave or from the people in our lives in order to experience the life transforming benefits of the practice. This lesson is unlikely learned from a book.



And concerning books, Grace surprised us when we asked which was her most treasured. We thought she might defer to Kareen Zebroff or Richard Hittleman, but she returned from her library with a well-worn, early edition of *Light on Yoga* by B.K.S. Iyengar. Although Iyengar Yoga wasn't her primary tradition of practice, she referred to this book most often from her personal library. "But you see, I always liked these pictures. They made you think you could get better."

We asked Grace her thoughts on the future of yoga: where it's been, where it's now and where it's going. She shared her experience of being a yogini in Banff in the early years of her practice. Since people were very suspicious of yoga and its cultish reputation, she did everything she could to help people feel safe to explore yoga and its benefits for the body. While the mainstream culture at that time was very scientific having limited perspective, it was interesting that some of the churches (including the United and Catholic) were open to the teachings, allowing Grace to share classes in their buildings. "They were never afraid of it," she claims. The times have changed. Both the scientific and cultural perspectives have opened up. Yoga IS mainstream now.

Grace is elated to see yoga growing in central Alberta as much as it has in the last few years, although she's a bit concerned at the number of classes being offered, and at the ease of becoming a teacher. "I wish there was a little more of a definition before you use the word [yoga]." She is still a strong supporter of the YAA's teacher training program and hopes to see more people take advantage of the depth of training offered. (continued on page 27.)

IN MEMORIAM

Tribute: Isa Duxbury

August 10, 1925 - March 3, 2023

by Sandrine Pollock

"It is with sad hearts that we share this news: our dear Isa Duxbury passed away peacefully on March 3, 2023 at the age of 97. She was YAA Certified in 1977, sat on the YAA board and TTP/Certification Committee and taught yoga classes well into her 80's. She will be greatly missed. The following is a reprint of an article that was included with the Yoga Bridge Winter 2016 issue."

In September 2006, I walked into the Edmonton Yoga Studio, excited to try my first yoga class. I was met at the door by Isa Duxbury with a huge smile and a warm welcome. By the end of that first class, I was hooked and looked forward to every Friday yoga class with anticipation.

Isa, a Yoga Association of Alberta (YAA) Senior Teacher, was certified in 1978 and has been teaching yoga for over 40 years. She teaches what she calls a basic traditional hatha yoga class, but integrates other physical movement forms into her practices. Early on in her teaching, she felt the need to incorporate more elements of physical strength, stamina and balance into her practices to meet the needs of her students. Thus, she adapted and included aspects of ballet, gymnastics and martial arts.



Isa with her students

Isa's classes are known to be tough! She prides herself on telling beginner students this, not to scare them, but to warn them that her classes will be challenging. Her students know that her classes begin with repetitive sun-salutations, building up to 50 repetitions in fifteen minutes! With this integrated,

disciplined and physically challenging approach, her students have experienced improvement in their flexibility, strength, balance and stamina.

Isa spends a lot of time focussing on body awareness. She says that the most important thing one can learn in life is body awareness because "you learn to become aware when the spine is not in alignment or when you are not standing up straight, and you learn to correct that. You become aware, and then you guide the body. No one whoever came to my class was aware of their body at first, but learning to control the body has a huge effect on a person's health and well-being. Students are astonished at what happens even after a short class."

At the same time, Isa encourages inner work. Her gentle motivation, constant supervision and reminders to focus on the breath and movement take her students inward in a way that is calming and that feels natural.

Isa is perceptive about a student's readiness to take the next step. After a few years of participating in her classes, she asked if I would be interested in becoming a yoga instructor. My first reaction was to turn her down, having so little faith in myself! However, I trusted her belief in me that I could become a good teacher. Thus, after a few weeks of considering her question while continually being encouraged by Isa, I decided to take a leap of faith and jumped in with both feet. I have never regretted this decision!

Isa's teacher training program includes yoga retreats, which can be as long as 10-day intensives. As well, she encourages her teacher training



students to attend classes with other teachers in order to experience as many different yoga traditions as possible, to expand their knowledge and to determine the style best suited to them. Isa began practising yoga in her forties with her husband, Jack. In her fifties, she became a yoga instructor. She initially certified with Friedel Khattab and then with the YAA. There were many others who helped her grow as a yoga practitioner and teacher: Sue Luby, Norma Hodge, R. Patel, Dr. Dhanaraj, Dr. M. L. Gharote (Kalvalyadhama Institute, Lonavla, India), B. K. S. Iyengar and Rondaji (Rhonda from Toronto) to name a few. There is no age limit to beginning yoga, and the benefits that one receives in doing so at any age will carry on for a lifetime.

Over the years, Isa has become the one who helps yoga students grow. She has been forthcoming with sharing her knowledge and how yoga has helped her deal with life experiences. Once she shared how she used her yoga practice to persevere through losing her husband far too early, being left to raise their 13-year old son and battling cancer all within a year. Her determination and resilience are something from which one can draw strength, knowing that even the most difficult feats are conquerable.

On a sunny day in August 2015, Isa celebrated her 90th birthday with family, students and close friends in Edmonton's Hawrelak Park. The admiration and respect shown by all who were present was evident and sincere. Isa has given so much to so many through her commitment to family, her teaching and her friendship! And she continues to give. She is still teaching yoga and sits on the YAA Executive as a member-at-large.

I aspire to be like Isa – a compassionate, loving and wise person. I will be forever glad that I walked into Isa's yoga class just over 9 years ago and forever grateful for her mentorship. She has influenced many positive changes in my life through the practice of yoga. I am honoured to be able to call her my friend.

Sandrine Pollock is a mother of two amazing children and is married to a wonderful and supportive husband. She is a Certified Yoga Instructor since March of 2011 and was certified by Isa Duxbury. She teaches in St. Albert. pollockfamily4@shaw.ca

(continued from page 25.)

As a yoga teacher, one of the greatest gifts Grace received was being able to see her teachings passed on. "If no one carries it on, I couldn't have been a good teacher." It is apparent she was and is a great teacher. Her lineage continues to have a rippling effect in Central Alberta and beyond. While she remains humble about her contributions, she is loved and appreciated for her generous sharing over these many years. She was, after all, the pioneer who carved the way for yoga in the central prairies, foothills and mountains of Alberta.

Paula Carnegie Fehr is a YAA Certified Senior Teacher, a member of the International Association of Yoga Therapists, a Registered Massage Therapist and certified Advanced Aromatherapist and Ayurvedic Wellness Practitioner. www.reddeeryoga.ca

Ann Waschuk (Annapurna) is a YAA Certified Senior Teacher in Red Deer. 403-343-3830 or 403-896-3850.

MENTAL HEALTH FIRST AID TRAINING
with Rebecca Hung BAHSA., HHP., CWP., RYT.
Mental Health Commission of Alberta / Commission de la santé mentale des Albertains / Mental Health First Aid Canada / Première crise en santé mentale

MHFA is the help provided to a person who is showing signs of declining mental well-being or experiencing a crisis. The first aid is given to encourage a person to reach out to supports, or to connect the person to crisis supports if needed. MHFA Standard is intended for adults interacting with adults & more than 500,000 Canadians have been trained since 2007.

VIRTUAL ON ZOOM
TUESDAY OCT 3 &
THURSDAY OCT 5
9AM - 1230PM EACH DAY

OR

IN PERSON
ROOTS ON WHYTE in EDMONTON
SUNDAY NOV 19
9 AM - 530 PM

Use code 'YAA' for a 25% discount
Register at RAWHOLISTIC.COM/MHFA
or email RAWHOLISTIC@GMAIL.COM

Rebecca Hung is a Certified Wellness Professional with the National Wellness Institute as well as an experienced facilitator and somatic stress release, yoga, meditation and mindfulness instructor. If you are interested in mental health advocacy, are a wellness professional, holistic instructor or work face to face with the public in a wellness related context, this training could be a great addition to your skillset.
Private group bookings are also available.

Participants in all these programs really appreciate the classes, and the feedback is quite hopeful.

Special thanks to our new Outreach Committee: Anita Sielecki, Scott Jones, Debbie Spence and Nancy Hong (who has helped with grant writing). Also, thanks to all of our members for all you do, in your communities and for the YAA. Karma yoga is alive and well in our community!

Teacher Training & Certification

We currently have 22 students in the 200-Hour TTP and 7 students enrolled in our new 100-Hour Immersion Program. Our TTP has started growing again and is receiving excellent feedback. Students appreciate the integrity of the program, the quality, experience and diversity of instructors, an easy, flexible pace for training and pay as you go costs, and how the length of the program allows time to integrate the information and learn more. Many TTP students cite the mentorship aspect of our program as something that really sets us apart from other programs. All YAA Senior Teachers in all areas of the province are eligible to mentor TTP students. Mentors set their own schedule and pricing for classes,

workshops, and practicum hours and through this long-term mentorship, can engage students at deeper levels, including working toward Advanced Training Levels.

Thanks to the TTP & Certification Committee: Anita Sielecki, Beth McCann, Karen Hamdon, Mary LeBlanc, Teddy Hyndman, Neil Haggard, Tammy Richard, and Rachel Foster. Because of them our programs have depth, integrity, and credibility, and the YAA is regarded across North America for its high-quality trainings. Thanks also to Krista Power, who has been a big help with these programs.

Core Curriculum Classes & Teaching Skills Workshops

Core Curriculum Classes and Teaching Skills Workshops are being offered in a hybrid format, which allows us to offer training to students from across the province and allows students the

flexibility to choose how they attend. To maintain privacy for attendees and a safe and intimate space for sharing and transformation, recordings are not available for these classes.

Core Curriculum Classes are not just for beginning teachers. They help seasoned teachers find deeper integration of what they've already learned, and because they are taught by a diverse variety of experienced YAA Senior teachers, there's a new perspective on the material each time, and always something new to learn. Hours count towards YAA Equivalency Certification, Recertification hours and all Advanced Training Levels.

Teacher Certification

The YAA has a total of 225 Certified Teachers: 11 at the 200-Hour Level, 55 at the 300-Hour Level, 43 at the 500-Hour Level, 25 Intermediate Teachers (750-Hour Level), and 91 Senior Teachers (1,000-Hour Level). 81 Teachers now have Permanent Certification (at a variety of levels).

Certifications Awarded Since Last AGM (Sept 2022-May 2023)

Initial Certifications:

YAA-TTP Students Graduated

Tara Simpson (Lacombe) – 300 Hour Level
Natalie Mercier (Edmonton) – 200 Hour Level
Gaylene Borgstede (Edmonton) – 500 Hour Level

Equivalency Certifications

Paula Fayerman (Calgary) – Senior Teacher Status 1,000 Hour Level
Scott Jones (Edmonton) – 200 Hour Level
Sharon Lauzon (Edmonton) – 200 Hour Level
Lauren Murray (Edmonton) – 200 Hour Level
Leah Balding (Edmonton) – 200 Hour Level
Elaine Sampson (Chestermere) – 200 Hour Level

Permanent Certifications:

Trish Robbins (Calgary) – 300 Hour Level
Marina Locke (New Zealand) – Senior Teacher Status 1,000 Hour Level
David Wilson (Edmonton) – Senior Teacher Status 1,000 Hour Level



www.soyayoga.com hello@soyayoga.com 403-710-4294

You are invited to SOYA's Annual YOGA RETREAT
May 31-June 2, 2024 in Sorrento, BC
Registration Opens Jan 1st \$325+gst

Teaching Excellence since 1995.

Yoga Teacher Trainings offered across Canada, USA, Mexico, Hybrid & Online

The South Okanagan Yoga Academy is a proud supporter of the Yoga Association of Alberta.
See the Yoga Bridge event listings for a list of YTT offerings based in Alberta.

Trauma Informed Training

Further Explorations
w/ Dr. Paula Fayerman, YAA Senior Teacher

November 24 & 25, 2023
Fri 7-9pm, Sat 10am-1pm

Understand contemporary trauma theory more fully, conceptually and through embodied practice. Learn how it intersects traditional teachings in Yoga and Meditation. Zoom Livestream ONLY.

Sign up at **yoga.ca** **FREE with priority to all YAA Certified Teachers & TTP Students**

ROSEN METHOD BODYWORK

Complementary to yoga, Rosen is a unique form of bodywork. Chronic muscle tension is met using a gentle, **sensitive touch** that **listens** rather than manipulates, cultivating awareness of what is consciously and unconsciously held, physically and emotionally, in the body.

Sessions offered in **Edmonton & Barrhead AB**

Jeanette Ward
YAA 300HR Certified Yoga Teacher
Rosen Method Bodywork Practitioner
www.jeanetteward.ca
jeanette929@gmail.com

"I knew from my very first session. This work is sacred. This work has an infinite depth. This work accesses our essence." - Santosha



YAA EVENT CALENDAR

- E** Edmonton & Area **RD** Red Deer & Area
- C** Calgary & Area
- O** Online
- H** Hybrid (Online and In-Person)
- **** Denotes YAA Intermediate or Senior Teacher Status
- Events in colour are organized by YAA

All events subject to change. There is no charge to advertise your workshop events (no weekly classes) here and also on our website for YAA Full members.

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.

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

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

START ANYTIME

E H YAA Training Programs: 100-Hour Immersion, 200-Hour Teacher Training, 500-, 750-, 1,000-Hour Advanced Training Levels. Pay-as-you go, flexible format & schedule. Equivalency assessment with credit for previous Certifications. Mentor w/ YAA Senior Teachers. www.yoga.ca/training. Ad p. 20-21.

O YAA Anatomy: Five 3-hr Video modules of Anatomy & Physiology w/ Paula Carnegie Fehr. For students or teachers. \$150. (\$200 for Certificate of Completion if an optional assignment is submitted to fulfil the 15-hr YAA-TTP anatomy req't) Info Paula: hiddenmessages.ca@gmail.com. Register YAA 780-427-8776 or online.**

Ongoing Restorative Retreats Until November 30th: Kootenay Bay, BC. Self-guided healing experiences at Yasodhara Ashram. Minimum one week stay. Fees vary based on accommodation & length of stay. www.yasodhara.org 1-800-661-8711. Ad p. 23.

O Life Anatomy: It's FUNctional w/ Sherry Ogg. Yoga teachers & students. Online, correspondence & live. Micromoves.com/therapists.asp. info@micromoves.com. 780-414-0273. Ad p. 9.

O GrowingSpaceForHealthandWealth.com Ad p. 15.

O The Curious Heart: Meditation & Mindfulness Course w/ Kat Boehm**. www.pauseandconnect.teachable.com

SUBMISSIONS TO YOGA BRIDGE NEWSLETTER:

Paid ads or upcoming events: yogaab@telus.net
Deadlines: March 1, August 1 and November 1.

Article proposals: editor@yoga.ca

Information: www.yoga.ca/newsletter

EVENTS QUALIFYING FOR CERTIFICATION:

YAA Advanced Training Levels require that upgrading hours be taught by YAA Intermediate or Senior Teachers** (or equivalent).

AUGUST / SEPTEMBER 2023

August 26 – November 18 E

Yoga Instructors' Training course. 9am-5pm. Saturdays at Breathe Yoga and Meditation 8416 - 6 Avenue SW. \$1,700. Instructors: Linda Dumont FK, YAA and Freya Giroux GK, LD and YMCA. 587 436 3823 or dumontlc@hotmail.com.

September-April E

200 Hour Hatha Yoga Teacher Training w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Details. www.yogawithin.ca

September 3 E

Free Yoga Day. 9am-1pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 5 O YAA

Teachers Showcase Series on Zoom. Tuesdays w/ Neeru Prashar (500 hr). 8-9pm Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full & Lifetime Members. Register www.yoga.ca/yaa-store. Ad p.9.

September 5-October 24 E

Prenatal Yoga w/Wen Kauffman. 7:15pm-8:15pm. \$160. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 7 - 28 C H

Meditation for Beginners w/ Sherry Norman. Start a meditation practice \$80 YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/meditation-registered-classes> 403-251-9642 info@yogamcc.com

September 7 C H

Yoga for Beginners w/ Anne Cox Start a yoga practice \$80 YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/yoga-registered-classes> 403-251-9642 info@yogamcc.com

September 7 – 28 E

Women's Yoga for the Pelvic Floor Workshop w/ Val Spak. \$75.00. 7-8:15 pm Grovenor Community Hall wisewarriorsyoga@gmail.com or 780-945-9507.

September 7-October 26 E

Mum & Baby Yoga w/ Dani Checknita. 11-11:45am. \$160. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 8 E H

Monthly Meditation w/ Rebecca Hung. 7-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 9 E

Partner Yoga w/ Kat McLean. 1pm-2:30pm. \$40/person. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 10 E

Yoga Philosophy 101 w/ Neeru Prashar. 10:00am-12:30pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 10,17, 24 E

Therapeutic Yoga for Sleep w/ Dr. Thamarai Moorthy. 1-2:30pm. \$150.00. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 10 E

When Birth Trauma Happens – Time to Release Yourself w/ Angie Clark. 2-4pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

September 11 - November 6 C H

Mindfulness Based Stress Reduction (MBSR) with Dr. Mark Brown Scientifically Proven Results at reducing stress and suffering. \$499 YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/meditation-registered-classes> 403-251-9642 info@yogamcc.com

September 12 - Jan 12/24 H

SOYA 200hr Foundational Yoga Teacher Training Online/Hybrid, live via Zoom twice weekly, \$3200+gst. Finish with an 8 day immersion in Costa Rica. Save \$300 when you pay in full! Rebecca 403-710-4294.

September 13-October 25 E

Trauma Informed Yoga w/ Jeremy Bell. 6-7pm. \$175 Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

September 13 C H

Somatic Savvy for Anxiety & Depression w/ Marin McCue A collective of individuals who struggle with nervous system regulation coming together to learn tools for helping yourSelf connect with, release and repair the unconscious holdings, patterns, and expressions in your body \$150 YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/yoga-registered-classes> 403-251-9642 info@yogamcc.com

September 14-21 Kootenay Bay

Moving into Stillness: Deep Relaxation and Healing. A guided retreat at Yasodhara Ashram. Fees vary based on accommodation. yasodhara.org 1-800-661-8711. Ad p. 23.

September 15 - October 15 C H

50 Hour Yoga Nidra Teacher Training w/ Anne Douglas, George McFaul & Bridgette Shaw. Discover the Healing Practice of Yogic Sleep. Fridays 6-9pm and Saturday/Sunday 930am-530pm. \$888. YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/nidra> 403-251-9642 info@yogamcc.com

September 15 C H

200/300 Hour Meditation Teacher Training with 13 Highly Sought After Teachers. Multiple Meditation Modalities, Fridays 6-9pm and Saturday/Sunday 930am to 530pm. \$2,750 EB. YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/mtt> 403-251-9642 info@yogamcc.com

September 16 E H YAA

Core Curriculum Class - TTP & Upgrading: Supine/Core; Yoga Sutras Pada 1 with Donalee Campbell. 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21**

September 16 E H

Hormone Yoga Therapy w/ Corinne McNally. 10 am - 5 pm. \$179 10037 84 Ave. lotusmoonyoga.ca

September 16 E

Anatomy 101 w/ Lisa Workman. 9am-12pm. \$70. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 16, 23, October 7,14, 21 E

Somatic Stress Release w/ Rebecca Hung. 1pm-2:30pm. \$120. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 17-23 E O

Week-Long Meditation w/ Rebecca Hung. 8:45pm-9:15pm. \$56. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 18-29 E

SOYA 300hr Professional Upgrade to RYT500, Module A, in Edmonton. Mod A and B req for cert. \$4195+gst for both modules. Save \$300 when you pay in full! Rebecca 403-710-4294.

Register for all YAA Classes and Workshops at yoga.ca/yaa-store

September 19 O YAA

Teachers Showcase Series. Tuesdays with Neeru Prashar (500h). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full and Lifetime Members. Register www.yoga.ca/yaa-store. Ad p. 9.

September 21-October 26 E

Yoga After School Program for Girls w/ Angie Clark. 3pm-5pm. \$219. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

September 22-24 E H YAA

Exploring Yoga in Community: A retreat Experience w/Anita Sielecki.** Asana, Pranayama, Meditation & Restorative Practices. \$280 (sliding scale). Fri 6:30pm-Sun 1pm. Providence Renewal Centre or on Zoom; Info.: Anita 780-432-7152. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 2.

September 22-24 E H

Joy in Meditation Practice w/ Howie Cohn - Registration Cost by Donation - Cloverdale Community League - Hosted by Edmonton Insight Meditation. For retreat details visit: edmontoninsightmeditation.ca/retreats-1

September 22-December 1 O Kootenay Bay Yasodhara Ashram's Peace of Mind for Professionals course.

Find greater harmony and ease in your career. Register for a free taster class at yasodhara.org or call 1-800-661-8711. Ad p. 23.

September 24 E

Family Yoga w/ Hayley Markel. 1:30pm-2:15pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

September 24 E

Soul Speak w/ Angie Clark & Marcus Fung. 7pm-9pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 27-December 20 O

SOYA 300hr Professional Upgrade to RYT500 Online Module A. Mod A and B req for cert. \$4195+gst for both modules. Save \$300 when you pay in full! Rebecca 403-710-4294.

September 27 & October 25 E

Pregnancy Circle at Clair-i-tea w/Chantal Eder and Asha Thomas. Meditation for birth prep, birth art, community crafting, and gentle movement. 6:30 - 8:30pm \$20. www.chantalederyoga.com Chantal 780-999-3203

September 28 O YAA

Professional Development Series Webinar – Allison Ulan will guide us through the foundational principles of Ayurveda and how to use them in our yoga practices and self-care routines. Focus will be on seasonal adaptation practices with 12 recipes and practices to support health & vitality through Autumn and Winter. 8-9:30pm on Zoom. FREE Livestream for YAA Members. Recordings available w/ Full/Lifetime Membership only. Register YAA 780-427-8776 or online. Ad p. 18.

September 29 - October 1 C H

Fall Open w/ Sharoni Fixler. Practice, play, learn and grow. 403-457-4070; deanna@calgaryiyengaryoga.com; www.calgaryiyengaryoga.com

September 29-October 1 C

Yoga w/ Father Joe Pereira. \$199.+gst Parkdale Community Assoc. www.yogastudiocalgary.com.

OCTOBER 2023

October O

Virtual Weekend w/ World-renowned Teacher and Author of Props for Yoga, Eyal Shifroni. 403-457-4070; deanna@calgaryiyengaryoga.com; www.calgaryiyengaryoga.com

October 1, 15, 29 E

Yoga Nidraa w/ Valananda. Experience Yoga Nidraa as offered in the traditional Gitananda Ashtanga format. Please register for 1 or all of the sessions. 1:30-3pm. Classical Yoga Centre, 11906 129 Ave. \$25. valananda108@gmail.com, valananda.com

October 2-November 10 O

Insight Meditation - Kat Boehm - Hosted by Edmonton Insight Meditation. www.edmontoninsightmeditation.ca

October 3 O YAA

Teachers Showcase Series. Tuesdays w/ Terri Jones (500h). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in-between classes for Full and Lifetime Members. Register www.yoga.ca/yaa-store. Ad p. 9.

October 3 & 5 O

Mental Health First Aid (Standard) Virtual Training w/Rebecca Hung. 9am-12:30pm each day. \$250. On Zoom. Rawholistic.com/MHFA. Rebecca 780-982-5885. Ad p. 27.

October 5 - November 9 C

Kimberly Mast Crystal Bowl 6 week series \$155 YogaMCC 2028b - 33rd Ave SW Calgary, AB. <https://www.yogamcc.com/meditation-registered-classes> 403-251-9642 info@yogamcc.com

October 6 E H

Monthly Meditation w/ Rebecca Hung. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 6-8 E

Workshop in Gitananda Ashtanga Yoga Fundamentals covering all the 8 limbs of Yoga. An opportunity to learn deeper practices leading to meditation and Samadhi. Fri, 6:30-8:30pm, Sat/Sun 10:30 to 12:30, Classical Yoga Centre, 11906 129 Ave, \$40 each or \$100 for 3. valananda108@gmail.com, valananda.com

October 12-15 O YAA

The Depth Teachings of Meditation, an 18hr Live Streaming Retreat w/ Richard Miller (USA) & Kirsten Guest**, including BodySensing & Yoga Nidra practices.** Pre-registration at www.yoga.ca/yaa-store. Info.: Anita (780) 432-7152. Ad. p. 11.

October 13, 20, 27 November 3 E H

Intro to Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 7-8pm. \$80. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 14 E

Anatomy 102 w/ Lisa Workman. 9am-12pm. \$70. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 14, 21, 28 E

Gitananda Ashtanga Yoga w/ Valananda. Experience a practice based on the 8 limbs of Yoga. Sat. 10:30 to noon. Classical Yoga Centre, 11906 129 Ave. \$20/class. valananda108@gmail.com, valananda.com

October 14-21 Puerto Vallarta

October Rest Getaway in Puerto Vallarta. Rest, relax and chill. 403-457-4070; deanna@calgaryiyengaryoga.com; www.yogayyc.com/octoberrest

October 14 - February 18 Lacombe

SOYA 200hr Foundational Yoga Teacher Training, meeting over 8 alternating weekends, \$3200+gst. Save \$300 when you pay in full! Rebecca 403-710-4294.

October 15 E

Yoga Philosophy 102 w/Neeru Prashar. 10am-12:30pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 15-27 Kootenay Bay

Yoga Journey: Yasodhara Ashram's signature guided retreat. Fees vary based on accommodation. On-site at B.C. Ashram. yasodhara.org 1-800-661-8711. Ad p. 23.

October 17 O YAA

Teachers Showcase Series. Tuesdays w/ Terri Jones (500h). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full and Lifetime Members. Register www.yoga.ca/yaa-store. Ad p. 9.

October 18-December 13 C H

Mindfulness Based Cognitive Therapy (MBCT) w/ Certified Counselor Pam Hauck Clinical applications of meditation to break the cycle of depression. \$650 (claim through your benefits) YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/meditation-registered-classes> 403-251-9642 info@yogamcc.com

October 20-22 E H

YAA-TTP Fall Teaching Skills Workshop w/ Mary LeBlanc.** Friday 7-9pm, Saturday & Sunday 9am-4:30pm. \$225. Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

October 20 – 22 Jasper (east of)

Fall Mountain Yoga Retreat "Returning Home". Location: North Haven Retreat Centre just east of Jasper. Hosted by: Jeanette Ward. Information: jeanetteward.ca

October 22 E

Restorative Yoga & Breath Awareness Workshop w/ Karen Giering. 10am-12pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 22 E

Soul Speak w/ Angie Clark & Marcus Fung. 7pm-9pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 26 O YAA

Professional Development Series Webinar - Adapting Yoga for an Aging Population w/ Allison Irwin**. 8-9:30pm on Zoom. Learn to plan a class with creative adaptations on favourite poses to create an environment that is both safe and welcoming to seniors and mobility challenged individuals with a variety of physical limitations. FREE Livestream for YAA Members. Recordings available with Full/Lifetime Membership only. Register YAA 780-427-8776 or online. Ad p. 23.

October 28 E

Wheel of Life - Balancing the 7 Chakras w/ Jeremy Bell & Sebastian Bolessa. 6pm-8:30pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 29 E

Asana and Adjustments w/ Ryan Vogelaar. Noon-3pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 29 E

Relax w/ Yoga & Body Rolling w/ Anita Sielecki 3-4:30pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

NOVEMBER 2023

November 1 YAA

Deadline for Initial Certification and Recertification applications for January approval. Email to cert@yoga.ca.

Register for all YAA Classes and Workshops at yoga.ca/yaa-store

November 1 YAA

Deadline for submission of events and advertisements for Winter 2024 issue *Yoga Bridge* Newsletter. www.yoga.ca/newsletter

November 2-December 21 E

Mum & Baby Yoga w/ Dani Checknita. 11am-11:45am. \$160. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

November 2-December 7 E

Yoga After School Program for Girls w/ Angie Clark. 3pm-5pm. \$219. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

November 3-5 C H

Level 1 + 2 Acutonics Teacher Training w/ Erin Taylor Healing with Tuning Forks, Friday to Sunday 9am to 5pm. \$650. YogaMCC 2028b - 33rd Ave SW or Online via Zoom. <https://www.yogamcc.com/acutonics> 403-251-9642 info@yogamcc.com

November 3-5 Pigeon Lake

Christian Yoga Retreat w/Barbara Ritter. Gentle yoga practices to 'Build Your House Upon A Rock'. Focus is on feet, core, breath and heart. Fri pm to Sun noon. Early bird \$180 incl. accommodation/meals. Mulhurst Camp. <https://barbararitter.ca/classes/> 780-468-5985

November 4 E H YAA

Core Curriculum Class - TTP & Upgrading: Hip Openers; Yoga Sutras Pada 2 w/ Teddy Hyndman.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

November 4, 18, 25 E

Gitananda Ashtanga Yoga w/ Valananda. Experience a practice based on the 8 limbs of Yoga. 10:30 to noon, Classical Yoga Centre, 11906 129 Ave, \$20 per class. valananda108@gmail.com, valananda.com

November 5, 19 E

Yoga Nidraa w/ Valananda. Experience Yoga Nidraa as offered in the traditional Gitananda Ashtanga format. Please register for 1 or all of the sessions. Sundays 1:30-3pm, Classical Yoga Centre, 11906 129 Ave. \$25. valananda108@gmail.com, valananda.com

November 5, 19, 26 E

Therapeutic Yoga for Sleep w/ Dr. Thamarai Moorthy. 1pm-2:30pm. \$150.00. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 6 O YAA

Teachers Showcase Series. Mondays w/ Vera Resera (Intermediate).** 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full & Lifetime Memb. Reg. www.yoga.ca/yaa-store. Ad p. 9.

November 7-December 12 E

Prenatal Yoga w/Wen Kauffman. 7:15pm-8:15pm. \$120. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 8-December 13 E

Trauma Informed Yoga w/ Jeremy Bell. 6pm-7pm. \$150 Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

November 10 E H

Monthly Meditation w/ Rebecca Hung. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 10-12 E

Workshop in Gitananda Ashtanga Yoga Fundamentals covering all the 8 limbs of Yoga. An opportunity to learn deeper practices leading to meditation and Samadhi. Fri, 6:30-8:30pm, Sat/Sun 10:30-12:30pm. Classical Yoga Centre, 11906 129 Ave. \$40 each or \$100 for 3. valananda108@gmail.com, valananda.com

November 17-19 E

Restorative YTT w/ Colleen Dibden and Jeanette Ward. This training fulfills 25 CEUs and is an elective for the Prana Yoga Studio 300 hour YTT. www.pranayogastudio.ca

November 18 E

Pelvic Floor Workshop w/ Val Spak. 9:30am-12pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 19 E

Relax with Yoga & Body Rolling w/ Anita Sielecki. 1:30pm-3pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 19 E

Mental Health First Aid (Standard) In Person Training w/Rebecca Hung. 9am-5:30pm. \$250. Roots on Whyte Conference Room. Rawholistic.com/MHFA. Rebecca 780-982-5885. Ad p. 27.

November 19-December 3 H

SOYA 300hr Professional Upgrade to RYT500 Mexico, Module B. Mod A and B req for cert. \$4195+gst for both modules. Save \$300 when you pay in full! Rebecca 403-710-4294

November 24 E H

Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 20 O YAA

Teachers Showcase Series. Mondays w/ Vera Resera (Intermediate).** 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full and Lifetime Members. Register www.yoga.ca/yaa-store. Ad p. 9.

November 24-26 C H

Practice Weekend w/ Ty Chandler and Sharoni Fixler. Restorative practice, openings, breathwork and traditional poses to refresh and rejuvenate. 403-457-4070; deanna@calgaryiyengaryoga.com; <https://www.calgaryiyengaryoga.com/practice-weekend>

November 24-25 O YAA

Trauma Informed Training: Further Explorations w/ Dr. Paula Fayerman.** Fri 7-9pm, Sat 10am-1pm. Livestreamed via Zoom only – recordings not available. FREE with priority to all YAA Certified Teachers & TTPStudents. Limited spots - register early. Other Full YAA members register for waiting list and may be admitted if spaces are available after Nov. 19. Register online. Ad p.31.

November 25 E

Anatomy 103 w/ Lisa Workman. 9am-12pm. \$70. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 25 E

Deep Release: A guided Full Moon Experience w/ Rebecca Hung. 6pm-8pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 26 E

Asana and Adjustments w/ Ryan Vogelaar. Noon-3pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 26 E Restorative Yoga & Breath Awareness Workshop w/ Karen Giering. 10am-12pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

DECEMBER 2023

December 1 E H

Monthly Meditation w/ Rebecca Hung. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 1-3 E H YAA

Exploring Yoga in Community: A retreat Experience w/Anita Sielecki.** Asana, Pranayama, Meditation & Restorative Practices. \$280 (sliding scale). Fri 6:30pm-Sun 1pm. Providence Renewal Centre or on Zoom; Info.: Anita 780-432-7152. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 2.

December 2, 16 E

Gitananda Ashtanga Yoga w/ Valananda. Experience a practice based on the 8 limbs of Yoga. Sat. 10:30-noon, Classical Yoga Centre, 11906 129 Ave, \$20 per class. valananda108@gmail.com, valananda.com

December 3, 17 E

Yoga Nidraa w/ Valananda. Experience Yoga Nidraa as offered in the traditional Gitananda Ashtanga format. Please register for 1 or all of the sessions. 1:30-3pm, Classical Yoga Centre, 11906 129 Ave, \$25. valananda108@gmail.com, valananda.com

December 4 O YAA

Teachers Showcase Series. Mondays w/ Tracy Kolu (Intermediate).** 12-1pm on Zoom (note time change). Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full and Lifetime Members. Register www.yoga.ca/yaa-store. Ad p. 9.

December 8-10 E

Workshop in Gitananda Ashtanga Yoga Fundamentals covering all the 8 limbs of Yoga. An opportunity to learn deeper practices leading to meditation and Samadhi. Fri, 6:30 to 8:30pm, Sat/Sun 10:30-12:30pm, Classical Yoga Centre, 11906 129 Ave, \$40 each or \$100 for 3. Valananda at valananda108@gmail.com, valananda.com

December 9 E H YAA

Core Curriculum Class - TTP & Upgrading: Forward Bends; 8 Limbs of Yoga w/ Teddy Hyndman.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

December 9 E

Yoga Philosophy 103 w/ Neeru Prashar. 10am-12:30pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 10 E

Restorative Yoga & Breath Awareness Workshop w/ Karen Giering. 10am-12pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 17 E

Relax with Yoga & Body Rolling w/ Anita Sielecki. 1:30pm-3pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 18 O YAA

Teachers Showcase Series. Mondays w/ Tracy Kolu (Intermediate).** 12-1pm on Zoom (note time change). Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available in between classes for Full and Lifetime Members. Register www.yoga.ca/yaa-store. Ad p. 9.

December 22 E H

Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

JANUARY 2024

January 13 E H YAA

Core Curriculum Class - TTP & Upgrading: Standing Balances; Yamas w/ Neil Haggard.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

Register for all YAA Classes and Workshops at yoga.ca/yaa-store

January 20 - 26

Guatemala Retreat w/ Daemond Mano + Jeri Tourand Ignite Change & Find Inner Peace & Harmony Pricing options for single, double and triple occupancy Hosted by YogaMCC @ Villa Sumaya <https://www.yogamcc.com/guatemala> 403-251-9642 info@yogamcc.com

January 26 E H

Rest & Rejuvenation Sleep Meditation w/ Lisa Workman. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

January 27-Feb 10

Yoga Spiritual Journey to India w/ Karen Hamdon** & Lawrence Dombro** \$3,300 includes accommodation, meals, classes, excursions, ground transport, admissions, donations, ayurveda, etc. Contact khamdon@shaw.ca or lldombro@shaw.ca.

FEBRUARY 2024

Feb / Mar 2024. Puerto Vallarta

Retreats w/ Ty Chandler & Sharoni Fixler. Join us in beautiful Puerto Vallarta, Mx. Deep practice, training and growth, with the guidance of expert teachers. Two weeks offered. Calgary Iyengar Yoga. 403.457.4070; deanna@calgaryiyengaryoga.com; www.calgaryiyengaryoga.com/pvri

Feb 2-4 E H YAA

Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$280 (sliding scale). Fr 6:30pm-Sun 1:00pm. Providence Renewal Centre &/or live online. Info.: Anita 780-432-7152. Register YAA 780 427-8776 or <https://yoga.ca/yaa.store>. Ad p. 2.

February 10 E H YAA

Core Curriculum Class - TTP & Upgrading: Twists; Niyamas w/ Teddy Hyndman.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

February 23 E H

Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 7pm-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

MARCH 2024

March 1 YAA Deadline for Initial Certification and Recertification applications for May approval. Email to cert@yoga.ca.

March 1 YAA

Deadline for submission of events and advertisements for Spring 2024 issue Yoga Bridge Newsletter. www.yoga.ca/newsletter.

March 12-23 E

SOYA 300hr Professional Upgrade to RYT500, Module B, near Edmonton. Mod A and B req for cert. \$4195+gst for both modules. Save \$300 when you pay in full! Rebecca 403-710-4294.

March 22-24 E H YAA

TTP Spring Teaching Skills Workshop w/ Beth McCann**. Friday 7-9pm, Saturday & Sunday 9am-4:30pm. \$225. Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online.

APRIL 2024

April Puerto Vallarta

Spring Break Getaway in Mexico. Rest, relax and chill. 403-457-4070; deanna@calgaryiyengaryoga.com; www.yogayyc.com

April 13 E H YAA

Core Curriculum Class - TTP & Upgrading: Shoulder/Arm Focus; Bhagavad Gita w/ Neil Haggard.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

April 15-July 15 H

SOYA 200hr Foundational Yoga Teacher Training Online/Hybrid, live via Zoom Mon & Tues, \$3200+gst. Conclude at a week long immersion near Edmonton, AB. Save \$300 when you pay in full! Rebecca 403-710-4294. Ad p. 31.

Apr 19-21 E H YAA

Exploring Yoga in Community: A retreat Experience; w/ Anita Sielecki.** Asana, Pranayama, Meditation & Restorative Practices. \$280 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online. Anita 780-432-7152 for info. Register YAA 780-427-8776 or <https://yoga.ca/yaa.store>. Ad p. 2.

MAY / JUNE / JULY 2024

May 4 E H YAA

Core Curriculum Class - TTP & Upgrading: Backbends; Gunas & Koshas w/ Mary LeBlanc.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

May 31 - June 2 Sorrento

SOYA Annual Yoga Retreat. Living Ayurveda w/ Indu Aurora. soyayoga.com. Ad pg. 31.

June 1 E H YAA

Core Curriculum Class - TTP & Upgrading: Surya Namaskar; Tantra & Mantra w/ Karen Hamdon.** 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or online. Ad p. 21.

July 10-14 E H

The Magic Continues! Meditation w/ Kavindu Retreat. Providence Renewal Centre. Body integration w/ Anita Sielecki. 780-432-7152; sielecki@hotmail.com

PROPS AND MORE



* Made in AB. Prices subject to change without notice.

Prices include GST

BLANKETS

Indian Blankets: white, cotton \$47

*** BLOCKS Made in AB (Green chipped blocks no longer available from manufacturer)**

* Soft & 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 \$16

* Wood Blocks: 3" x 4.5" x 9". \$25

*** BOLSTERS Washable cover. Hand-made Alberta with care. Assorted fabrics/colours**

* Large Oval: 11" diameter x 28" long, members: 15 or more @\$78.00) \$82

* Medium Oval: 9" diameter x 28" long, members: 15 or more @\$68.00)..... \$72

* Small Round: 6" diameter x 22" long \$50

*** BOOK Yoga Therapy for Backs by David McAmmond & Anita Sielecki **Sale \$19**

CHAKRA BANNERS white background \$32

*** EYEBAGS flaxseed, unscented, with washable cover \$15**

JOY-A-TOES soothing and healing stretch for your feet and toes (S, L)..... \$31

MAGNETIC HEALING JEWELRY necklaces, bracelets, earrings \$15 / \$10 / \$5

*** MALA BEAD NECKLACES AND EARRINGS crafted in Alberta..... \$108 / \$25**

MEDITATION

* Wood Bench with folding legs. \$39

Back-Jack Chair: adjustable, supports back, washable cover..... \$71

Crescent Shaped Cushions (Zafu): washable cover \$68

MATS & CARRIERS

Tapas©: Travel..... \$23

Jade Mats: Voyager (travel), 68", 74" \$54 / \$94 / \$98

NEW Jade Organic Mysore Yoga Rug & Jade Dharba Grass Med'n/Yoga Mat \$94 / \$65

Manduka© Pro 71" or 85": extra wide..... \$137 / \$166

Manduka© Pro-Lite: 71" or 79" \$112 / \$119

Jade Hot Yoga Towels..... \$25

Pure Earth II Eco Mat: recyclable, compostable, cushioned \$44

Half Moon Tall and Wide black \$50

PurAthletic Starter Mats, assorted colours.....\$17.50

* Handmade Mat & Prop carriers: Multiple colours. \$21

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" (\$8); 7' x 1.5" (\$11); 9' x 1" (\$10); 9' x 1.5 (\$13)" \$8-\$13

WILSON METHOD MYOFACIAL YOGA BALLS (4 sizes included)..... \$85

YOGA / PEDICURE SANDALS (toe-separators) all sizes in stock..... \$55

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