

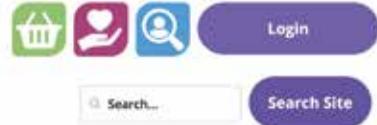
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YOGA BRIDGE

CONNECTING ALBERTA THROUGH YOGA

SPRING 2024 VOLUME 25 ISSUE 2





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Check out the new features:

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— Tagore

The Yoga Association of Alberta (YAA), a registered charity founded in 1976, is Canada's longest-standing, inclusive umbrella yoga organization — a caring community of yoga practitioners, students and teachers from diverse backgrounds, styles and lineages. Together, we support equitable access to the physical, mental and social benefits of yoga throughout Alberta by offering:

- diverse, accessible programs and community connections,
- free or subsidized outreach programs for under-served communities,
- public education on the teachings of yoga and the benefits of practice,
- high professional standards with quality teacher training, certification, ongoing mentorship, and opportunities for upgrading, and
- support for local teachers in bringing safe, accessible and trauma-sensitive yoga to everyone.

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Article Submission: Please consult with editor@yoga.ca if you wish to submit an article and for deadlines.

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 December 1

EDITOR'S MESSAGE

Spring Forth 2024!

by Dave Downing, Volunteer Editor

There's a set of exercises that precede the more formal asanas in the Himalayan Tradition that I follow. Lynnnda Sharp wrote three helpful articles on the *Joints and Glands* series (Spring and Fall 2021 and Spring 2022 editions). In the Spring 2021 edition, she describes exercises for the face. One of these is exercises for the eyes, and a variant of those is the eye-roll.

Whether or not you practice *Joints and Glands* or its analogues from other Traditions, I'm pretty sure all of us have engaged in the eye-roll quite a bit over the last few months, years and even decades even if we know nothing about yoga, sometimes to the point of getting a headache. It seems to be a common human response to feelings of exasperation, disbelief or disapproval, often on account of socio-political follies beyond our control or perhaps, once in a blue moon, due to the misapprehensions of friends or family members. It might not be a response that's limited to humans. I swear our dog does the canine equivalent by dolefully whining and shoving my arm with her wet nose when she thinks I'm avoiding my responsibilities as her personal food dispenser, walker and playmate.

Maybe eye-rolling is, beyond its intent to convey a strong non-verbal message to the intended audience, an external expression of inward-looking. We see something in others that we recognize in ourselves and we don't much like it—such as having a death grip on an opinion even if we can't honestly be sure of its truth. The increasing light and warmth of spring can help us at least defrost that grip a bit.

Earlier today, I was pondering the existential matter of what I would write for an editorial this month that would be interesting but wouldn't cross any lines within the current DEI (Diversity, Equity & Inclusion) environment. Going for a walk

(with the dog of course) is usually like psyllium for removing writer's block. My parents, my first gurus, encouraged us kids to get outdoors after a long winter and I learned of springtime patterns—longer days, warmer sun, melting ice and snow, the first pair of geese returning in mid-March, catkins coming out on the aspens in early April, the tiny ruby red flowers of the hazelnut ready to receive pollen in mid-April, the emerald green flush of the first new leaves in early May. Now when I observe these things along the path through the little forest near our place, I realize that the same patterns have repeated in much the same way my whole life, they did so before I was born, and they'll continue after



I've died. That, along with measured and deep breathing practice, calms me down and gives me some perspective. You're reading the outcome and you might be rolling your eyes. I am, but it's time to finish this and send it to Debbie for layout, so good enough for government work, as one of my professors used to say.

Perhaps the articles in this newsletter and your own observations of renewal and growth will give you helpful perspectives as well. Susan Quan's article on the Ayurvedic view of changes during the spring and summer season is sure to give some valuable guidance on how to eat, dress, breathe and move for optimum health. Teddy Hyndman's asana article tells us how to stand strong and grounded when eye-rolling incidents abound. George McFaul explains how yoga asanas originated from intelligent observation of natural patterns and why self-observation and intuition is important when we practice them; he's presenting these ideas at a workshop following the YAA 2024 AGM on April 28, 2024. Janine Mills' book review nicely captures the essence of *Yoga Therapy for Backs* by David McAmmond and Anita Sielecki, certainly helpful for the start of the gardening season. Debbie Spence

provides some wonderful contemplations on inner peace. We continue to receive yoga pictures from members. Thanks to Frances Gagnon for this issue's gorgeous cover image of yogis practicing in Yoho National Park.

Sadly, Dr. Paula Fayerman, one of our senior teachers who shone a bright light on yoga for those experiencing trauma, passed away in February.

Her friends prepared a moving tribute to her life that is published in this newsletter. All of us at the YAA extend our condolences to Paula's family and friends.

Dave Downing, volunteer editor, Yoga Bridge

MEDITATION MINUTE Debbie Spence

Flowers are naturally altruistic and they share something of themselves equally with all. What kind of flower am I?

I am a rose. I symbolize love, purity and cooperation. I am synonymous with the deities.

I am a daisy. I grow in barren, dry soil, needing little water. I am tough, hardy and tenacious; unshakeable and immovable.

I am a lotus. I grow to become profoundly beautiful and pure, while rising above muddy and dirty surroundings. I persevere.

I am a lily of the valley. I am somewhat inconspicuous, a wall-flower, but the penetrating and surprising fragrance of my spiritual efforts is powerful, beneficial and apparent.

I am a wild flower. I am free from attachment yet overflowing with love.

I am an orchid. Once I bloom and take birth, I survive for many months on simple mists of water. I am eternal.

I am a crocus. I signal the coming of a new age of peace and purity.

I am a sunflower. I follow and track the sun throughout the day - my vision is fixed on the Supreme. Through my efforts, I radiate happiness, positivity and joy to all.

What kind of flower am I? In fact, I am the essence of ALL these flowers.

Om Shanti. I am peaceful, loving and benevolent.



ARTICLE

Developmental Movements - Knowing where we come from and where we are going by being present

by George McFaul

The practice and teaching of Yoga in modern times outside of India is not a straight line of migration. The extensive, diverse history of Indian philosophy and spiritual practice gave rise to numerous streams of Yoga, depending on location origin, adherence to any particular school of Yoga or spiritual practice, and the character and intentions of its main proponents and founding guru. Add to this picture the shifting influence of where the practices landed outside of India, and the cultural forces in place in those locations, and the picture diverges even further. There is, and never has been, One Yoga.

My first introduction to Yoga was academic, in the course of a Religious Studies degree at the University of Calgary. The Yoga Sutras of Patanjali, the six classical schools of Hinduism, introductory courses in Sanskrit—these formed my first impressions of Yoga as an extensive philosophical tradition that explored the nature of the connection of the individual to the cosmos. Along with this academic study, I was involved in performing and teaching theatre and dance; physical approaches to both included an introduction to Yoga through the use of the Sun Salutation as a warm up and warm down for rehearsals. This served me for many years, without taking a single class.

I began practicing Yoga in the early 1990s. At this time, in Calgary at least, the dominant form of practice was rooted in the teaching of B. K. S. Iyengar.

This dialogue comes from a 1990 interview with BKS Iyengar and Margot Kitchen at the U of A during the Canadian Iyengar Yoga Conference (<https://iyengaryogavancouver.com/2021/03/04/an-interview-with-iyengar/>)

“MK: You demand a great deal of your students and your teachers. In your own words you are an

“intense” teacher. This is sometimes misinterpreted as aggressiveness or even violence, and I think it is time to dispel that myth.

BKS: My friend, even Patañjali has used that word. He says there are four types of teachers and four types of students. Mild teachers, mild students. Average teachers, average students. Keen teachers, keen students. Intensively intense teachers, intensively intense students. Now, if I belong to that quality of intensity as a teacher, then I will want all my pupils to be intense. If I am mild, I will definitely introduce mildness. But I did not learn anything in mildness; I had to work so intensely that I realized it is only by intense sadhana that it is possible to get the benefit of yoga, not otherwise.”



Margot Kitchen & Mr. BKS Iyengar

This is the style of teaching and its dominance in Yoga classes I encountered when I finally entered a yoga studio for the first time. It surprised me! This adherence to the authority of the ego of the teacher, and the intensity of correction based on that authority, bore no resemblance to the balanced philosophical outlook encountered in the academic approach, nor did it resemble anything of the individual practice I had found in my own use of *Surya Namaskar*. This is where my Yoga teaching studies began, and from where I have followed the practices and teachers who offered individual experience as the core of Yoga. My first certification was a two-year training through the now defunct Yoga Centre of Calgary. Though the YCC was

predominantly Iyengar-based, it also invited many international teachers to offer workshops and retreats. In these teachings, we got to experience varieties of yoga that allowed for individual experience.

One of the most fruitful approaches for exploring the liberation of Yoga from dogma to individual experience of movement has for me been the Developmental Movement patterns. Essentially, this is the concept that individual development and species development mirror each other in patterns of movement: a fancy way to say it is 'Ontogeny recapitulates Phylogeny', or you and your species dance the same dance.

Patterns of movement that individuals go through occur in similar form and order for the species. We start as something formless/forming (underlying pattern of oscillation or vibration); we become cells in fluid that respire; we form around a centre and radiate; we reach through the senses and develop a shadow of a spine. Then we leave the water (are born) and move through the vertebrate patterns until we hopefully walk our own walk.

My first introduction to these concepts was through Donna Farhi in her teacher training programs, which I eventually taught with her. Donna did not invent the ideas, but she applied them directly to the practice of asana - asana that grow into the traditional forms we all know but that come from individual freedom of movement.

Such practice is an intersection of traditional Yoga and Somatic practice. "In somatic practices, movement becomes a method of self-inquiry and a path toward a different kind of knowledge – one that stems from physical sensations and being present with and connected to the body. Physical movements in somatic methods are often self-guided and intuitive. They can also be patterned, choreographed and demonstrated or curated by the instructor, but the emphasis stays on an individual's own inner



George McFaul

experience with movement rather than an outer standard. Nonjudgmental and non-competitive approaches that favour inner knowing through the body, self-compassion, and finding one's own movements are essential in somatic movement practices."(1)

Herein lies the value of this intersection: repeated, ritualized movements or sequences such as asana and *vinyasa* (e.g., *Surya Namaskar* or the Sun Salutation) allowing engagement in a type of deep personal witnessing that can also lead to being more aware of one's outward actions, one's behaviour in the larger world. As the individual practices the ritual movement, either from memory or guided by the teacher...

"You are being a witness to yourself. Engaging in a daily ritual like the Sun Salutation can serve as a 'before and after' observation, providing insight into your mental and physical state. You can use the Sun salutation as a ritual to regularly serve as a type of comparative inventory, whereby you are noticing changes in your body and mind. You can do this by asking yourself as you stretch up or bow down. 'How am I doing today compared to yesterday?' The is the heart of a somatic practice – having dialogue with your body experience, culling your body's wisdom...The folding and unfolding of the body within the Sun Salute provides moments of inward attention and other moments where the explicit goal is to reach out

into the environment – the earth, the sky, and the surrounding trees, air, water." (2)

Essential in this kind of approach to movement in general, and specifically to yoga, is an unerring return to individual experience. Interoceptive wisdom is the qualitative, never-ending practice. The 'form' of the practice, be it any particular asana or *vinyasa*, is not the end in itself. Though these forms are the valuable, intelligent insights of thousands of years of inquiry by countless practitioners, their value is lost if the emphasis



Archaeopteryx fossil

remains focused on the external expression. Even worse, when the achievement of a 'perfect' asana or 108 sun salutations becomes the goal, individual development is arrested and, all too often, the practice becomes one of continually pointing out the failure of the student rather than honouring their sublime and brilliant consciousness infinitely connected in a living flow of energy and information.

Consequently, this approach to Yoga practice often bears little resemblance, at least in the beginning, to what we have come to expect in 'traditional' classes. Exploration of the fundamental movement patterns as a grounding for Yoga Asana usually begins with variations on movement that are inspired by vibration, breath, radiating patterns, mouthing and swallowing and spinal notochord (worm-like or snake-like) movements. And these are just the water-based patterns, those that reflect our time in in-utero development or, in the evolutionary process leading to our species before we walked upon the land. Once we start to develop movement in a context of gravity on land, we sequence through patterns of yielding/pushing and reaching all six limbs (arms, legs, tail spine and head spine in various combinations (homologous, homolateral and contralateral). The ontology part is our individual movement development, which reflects the phylogeny part, meaning we move like all that we are related to—snakes, reptiles, frogs, quadrupeds, etc. We learn to slither and crawl our way to upright bipeds who can stand on their own two feet, rooted simultaneously in our collective and individual developmental histories, and in the present, connected to our unfolding future.

Such a practice may seem like the long way around to get to a better downward dog. Well, to quote Ursula K. Leguin "It is good to have an end to journey towards; but it is the journey that matters, in the end". (3)

I look forward to seeing some of you at the AGM workshop on April 28. This workshop will be an exploration of the intersection between yoga and Developmental Movement practice. I am currently obsessed with the experience of the chakras, the Bija mantras and the neuroendocrine glands as gateways to somatic practice. We'll start there and maybe find ourselves in an asana or two.

Endnotes:

- (1). Hiie Saumaa. *Dance to Heal the Heart*. Integrative and Complementary Therapies. Feb 2024. 23-27. <http://doi.org/10.1089/ict.2023.29111.hsa>
- (2). Martha Eddy, Shakti Andrea Smith. *Dynamic Embodiment of the Sun Salutation*. Handspring Publishing, 2021, pg 26
- (3). Leguin, U. *The Left Hand of Darkness*. Ace Books, 1969.

Further reading:

- Martha Eddy, Shakti Andrea Smith. *Dynamic Embodiment of the Sun Salutation: Pathways to Balancing the Chakras and the Neuroendocrine System*, Handspring Publishing, 2021
- Linda Hartley. *Wisdom of the Body Moving: An Introduction to Body-Mind Centering*. North Atlantic Books, 1995
- Donna Farhi and Leila Stuart. *Pathways to a Centered Body: Gentle yoga Therapy for Core Stability, Healing Back Pain, and Moving with Ease*. Cardinal Publishers Group, 2022
- Bonnie Bainbridge Cohen. *Sensing, Feeling and Action: the experiential anatomy of Body-Mind Centering*. Contact Editions, 1993

Internet searches of such terms as 'developmental movement patterns and yoga', 'Body-mind Centering and yoga' will result in fruitful examples and further inquiry, if desired. Included below are a couple of links for browsing, either by linking directly if you are reading this in PDF format, or for copying and pasting into your browser.

This one is a short video narrated by Bonnie Bainbridge Cohen, the founder of Body Mind Centering:

https://www.youtube.com/watch?v=1IVG_vLHtw4

This link is to the youtube channel for embodyyoga, where you can find numerous videos of the movement patterns in practice as Yoga. <https://www.youtube.com/@embodyyoga3455>

George McFaul is a yoga teacher whose focus has evolved to teaching Yoga practices that allow anyone to experience ease in body, mind and spirit. The physical practices that support this are gentle, simple and immediately gratifying. The meditative practices are effective, guided explorations that invite individuals to welcome their unique experiences of breath, sensation, thought and joy. He can be contacted at georgemcfaul@icloud.com.

Hope you can join us for George's workshop on the above topic at the YAA AGM April 28 - see ad below.



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48th Annual General Meeting (AGM)

AGM with Annual Reports & Election of Board of Directors, followed by Workshop with George McFaul

**Sunday, April 28th
10:00am – 2:00pm**

From Seeds to the Sun: An exploratory journey of the evolution of movement from the bija mantras to the sun salutation

Workshop is FREE for all YAA Members who attend the Meeting. Please register in advance to receive the Zoom link.

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Teacher Showcase. Ad p. 26
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Core Curriculum Classes. See p. 19
Apr 13, May 4, Jun 1, Sep 21, Nov 16, Dec 7. Mentor with highly qualified YAA Certified Senior teachers. Start YOUR Teacher Training Program anytime.

Exploring Yoga in Community. Ad p. 22
Apr 19-21, Oct 4-6, Nov 29-Dec 1. A gathering of friends organized by Anita Sielecki**. A peaceful and supportive retreat with asana, pranayama and restorative yoga. Connect with YOUR Alberta Yoga Community.

YAA ANNUAL GENERAL MEETING. Ad p. 10
April 28 Online via Zoom. Election, Annual Reports and workshop with George McFaul. See George's article p. 7 this issue.

Professional Development Series Ad p. 13
May 16. The Play of the Doshas in Spring & Summer with Susan Quan. Learn some techniques to live healthier. Livestream. Free for YAA members. Article p. 14 this issue.

International Day of Yoga. Ad p. 26
June 21. Noon. Enjoy FREE yoga class and live music outside or on Zoom . Edmonton Legislature Grounds Bandshell. Tell your friends and students! Pre-register for updates and zoom link.

Mindfulness & Meditation. Ad p. 22
July 10-14 w/ Kavindu & Sielecki.** The Magic continues!! Realizing our Deeper Self Learn to live an awakened life!

YAA workshop. Ad p. 21
September 28-29 w/ Anne Douglas.** Living your heart's desire. Suitable for all levels. 8-hour online workshop.

Teaching Skills Workshops. See p. 19
Oct 25-27 w/ Beth McCann.** Students & teachers welcome. Learn the art of teaching yoga or refine your teaching skills with YAA Senior teachers.

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FEATURED ASANA

Tadasana

by Teddy Hyndman

A few years ago, my grandnephews, 12 years old, asked me to teach them some yoga. They were active energetic boys who played tennis and soccer, biked and enjoyed all sports. I thought about which pose or poses might be poses that they would remember, poses that would be most beneficial through time.

My years of yoga practice and my understanding of anatomy confirmed: **Tadasana**



The trick was how to make this rather boring “stand up straight” pose a conscious practice.

In Sanskrit tadasana means to stand steady, firm and erect like a mountain. We live between the realities of the solid earth and the sky. Our feet are planted squarely on the earth and our head in the sky. No matter the storms and clouds that surround the mountain, it remains steady.

Tadasana is one of the simplest and most basic asanas. It is a wonderful pose to practice throughout the day and between poses. It brings us back to the present and to the awareness of a few breaths in the moment. It can be done in a lineup, at a store or at any given moment to correct an imbalance in posture. The alignment principles of Tadasana are to be taught and reviewed before teaching almost any other posture. This helps us see how Tadasana lives in every pose.

To go inward and really understand the energy of this pose, I like to bring awareness to the imaginary inner line of the trunk, starting in Virasana.

Virasana (hero's pose) sitting

Sit in virasana (hero's pose) with the sit bones (base of the pelvis) firmly placed on a support (chair or blocks) and the spine erect. The imaginary line runs from the center base of the pelvis, through the spine to the very center top of the head. As the sit bones descend, observe this line and extend along the line upwards creating space between the vertebrae.

As we extend and stretch the spine upwards, a sense of human dignity pervades the trunk.

Be aware of the sides of the body, right hip, left hip, right shoulder, left shoulder, right ear, left ear, right brain, left brain and be sure that the sides are even and equidistant from the imaginary line. Be aware of the abdomen and draw it slightly back and up towards mid line.

Take the memory of this sitting pose to a standing position.

Tadasana (mountain pose) standing

One teaching method is to give the students a chance to do the classic pose first so they know the form and then bring in the details, corrections and feelings with various ways to practise.

Stand tall with feet parallel. Just as one creates a firm foundation when creating a building, so too, we create a strong foundation in our pose. As one of my teachers always said: “let gravity pull the center of your heels to the center of the earth.” Bring mental awareness down to the feet. Release and spread the toes. From the knees, tighten and lift the kneecaps up. Be firm and strong in the legs. Center the pelvis, the trunk, upright on the legs.

Bring the alignment experienced in virasana to the experience of standing in tadasana. Extend the arms. Bring tadasana to the fingers. Stand still and breathe normally. Observe.

Go to the wall to practice tadasana, standing back to the wall, standing a few inches from the wall.

The wall is a reference point for the alignment of the pose. The buttocks, shoulders and back of the head touch the wall. Avoid tilting the head back or jutting the ribs forward.

Tadasana is particularly helpful because not only do we feel a sense of being steady and confident on our own two feet but we also recognize the effects of aging and habitual movements that bring our bodies out of balance—head pushing forward, chest collapsing etc. With early awareness we can make early corrections. Fine-tuning is essential to the healthy practice of all standing poses and of inversions.

A second pose my grand nephews loved was supta (lying down) tadasana. This is not savasana. In this pose, we often lie with our heads tilted to one side or chin lifted. Sometimes the shoulders are not level or the pelvis is tilted. Lying down in Tadasana provides feedback and connects us to the back body, where the floor allows us to explore which parts don't touch. Once again one becomes aware of the imaginary center line through our trunk and whether right side and left side are equidistant from that line.

In daily life, understanding and noticing how we stand or lie down is a gift of yoga study.

Teddy Hyndman is a senior YAA Certified teacher, a senior Iyengar Association of Canada certified teacher, and past-president of the YAA. She teaches regularly in the YAA's Core Curriculum classes and upgrading. Her contact information is provided at <https://yoga.ca/teacher-directory>



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with Susan Quan, YAA Senior Teacher

Thursday, May 16th
8-9:30pm

Livestream via Zoom
FREE for all YAA Members
Recording available with Full Membership

Introduces the 5 Great Elements and their formation of the Three Doshas and how to maintain balance and harmony of the Doshas for Spring and Summer.



yoga.ca

The Dance of the Doshas - Ayurveda's Seasonal Practices for Spring & Summer

by Susan Quan

Spring is upon us with longer days and stronger sunshine bringing light and warmth that stimulates the energies of renewal and growth. The change of seasons creates change in our bodies. Balancing these changes for good health is an important focus of Ayurveda, a sister science of Yoga that translates into English as the Science of Life. Ayurveda is regarded as the "Mother of Healing" and is a system of natural healing with spiritual roots from the ancient Vedas.

Ayurveda has multiple treatment protocols. A common underlying theme is to work with the Doshas by balancing their interactions for good health, steady mind and spiritual endeavors through all practices of Yoga and Meditation. What are the doshas? Ayurveda is based on the theory that the entire universe and everything in it is born of the Five Great Elements: Ether (Space); Air; Fire; Water; and Earth. It is the combination of these elements that gives rise to doshas that are responsible for our physical and mental health. Ether (Space) and Air results in Vata Dosha; Fire and Water forms Pitta Dosha while Water and Earth create Kapha Dosha. These three Doshas are the energy forces underlying all of life. They each have their own unique qualities and effects.

It is easier to relate to the Doshas from an individual perspective rather than trying to understand them at a cosmic level. Vata, Pitta and Kapha Doshas underly our physical, mental, emotional and spiritual states. This article will focus primarily on Kapha and Pitta doshas and their influences on us because they pertain to Spring and Summer, respectively.

Spring is Kapha season, and Kapha is most dominant in early Spring. After that, it starts to slowly taper off from mid to late Spring as Pitta Dosha starts to emerge more. Kapha has characteristics indicative of its earthy and watery

elements. It is heavy, cold, damp, moist, stable, dense, smooth, soft and cloudy.

Kapha Dosha is responsible for structure, strength, tone and lubrication. It expresses as: muscle, fat, marrow; plasma and reproductive fluids and tissue; flexibility in the body; interconnections of the body's cells, tissues and organs; mucus, mucosal linings; bodily and synovial fluids; endurance, stamina; and the immune system.

When Kapha is balanced, it gives us calmness, groundedness, centredness, happiness, caring and nurturing, vitality, growth, generosity, kindness and appreciation. When Kapha is unbalanced or aggravated, we can experience sinus congestion, phlegm, colds, lung issues, cold hands and feet, cravings for sweet tasting foods, sluggishness, lethargy, sleepiness, attachment, disinterest and even melancholy (the "blues" or depression).

Aggravated Kapha is counterbalanced by movement and activity i.e. bringing in a bit more of Pitta Dosha's heat and energy. Here are a few ideas on how (considering your own ability and capacity): active exercise; brisk walks or jogs outdoors; standing and heart opening asanas; sun salutations; and practice your personal form of joyful Warrior 1-3 vinyasa. Massage can also be supportive—it improves circulation of blood and lymph, removes toxins, is nurturing and calms the body and mind.

A gentle pranayama practice is very helpful to counter excessive Kapha. Subtle energy raised through breathing practices is dynamic and can have marked effects even if the strong practices of Kapalabhati or Bhastrika pranayama are not undertaken.

Try some gentle but effective exercises, like a few rounds of Nadi Shodana (refer to <https://artoflivingretreatcenter.org/blog/a-breathing-practice-to-calm-soothe-relax/>). Following that, rest

in easy natural breath and see how you feel. If all is good, then try a few rounds of Surya Bhedana (refer to <https://www.prana-sutra.com/post/surya-bhedana-pranayama-right-nostril-breathing>). This practice brings in Pitta's heat, energy and dynamism since it focuses on breathing in through the right nostril, the surya channel, to work on Kapha. Bring the practice to a close with a few rounds of Nadi Shodana to balance out the system. Rest in easy natural breath.

Experiment with food by adding warm spices (cinnamon, ginger, cloves, garlic, chilies, anise). Warm meals and beverages help to balance excess Kapha while those that are cool or cold such as raw salads, chilled smoothies or iced tea can aggravate it. See what happens when sweet, sour and salty (tastes that Kapha likes but that increases its effect) are replaced with these that reduce it—pungent (spicy), bitter and astringent (drying) tastes. These are only a few general suggestions as food in Ayurveda is a huge topic; many books are solely dedicated to the Ayurvedic characteristics of food and its preparation.

The cycle of the three Doshas operates in all seasons according to the changes in sunlight and weather. As Spring progresses towards Summer, the heat, drive and energy of summer ramps up changes that you may notice in your body, thoughts, attitudes and yoga practice that are different from Spring. Summer is Pitta time.

Pitta Dosha reflects its elements of fire and water. It is intense, hot, fiery, quick, sharp, light, slightly wet, mobile, flowing, subtle, clear and smooth. It oversees digestion, metabolism, temperature regulation, hunger, thirst and blood. It governs digestion, processing of foods and sensory intake by the senses, and creation of metabolic waste. Pitta gives skin, bile, stool and blood their colors.

Balanced Pitta is reflected through good circulation, hearty appetite and strong digestion. One is motivated, enthusiastic, active, intelligent,

perceptive, discerning, sharp and is a natural leader.

Pitta overheats with Summer's intense heat and light. The signs of aggravation are: inflammation, skin rashes and irritation; excessive thirst and excessive appetite; over-heating; quick temper; heart burn; fever; diarrhea; reflexive emotions including anger, rage, intolerance, and frustration; an argumentative, overly assertive or aggressive stance; and lack of concentration and good judgement.

The flames of excessive Pitta are attended to, figuratively speaking, by putting some water on it—not cold water but warm to lukewarm. Why? Quickly dousing Pitta is not healthy as it is vital for our functioning. Here are some tips on gently tempering the excess. Undertake physically demanding activities, especially outdoor ones, during the coolest part of the early morning or in the evening. Swim or immerse yourself in water during the coolest hours. Wear light breathable clothing and a hat. Stay in the shade when outdoors or seek air conditioning. Hydrate often with lukewarm to warm, not cold liquids, and self-massage with coconut oil.

Sweet, bitter and astringent foods cool Pitta while sour, salty and pungent increase it. Notice any effects when chili peppers, cayenne, onion, garlic, cloves, fenugreek, ketchup, mustard, ginger, pepper and mustard seeds are replaced with fresh herbs such as mint, basil, coriander and parsley. Although it is very refreshing to have an ice cold mochaccino or gelato on a hot summer day, observe the overall effects: Is there an immediate cool down in the body after a few sips? Frozen throat? Brain freeze? Drastic temperature change has just occurred in the body and its energetics. It is more beneficial to have eaten or drunk something not so cold. As for Kapha, these are only a few



general suggestions drawn from Ayurveda's vast knowledge base.

Yoga asanas that cultivate an inward, receptive and calm attitude pacify excess Pitta. Explore poses inquisitively. Let the mobility, organic fluidity and subtlety of Pitta

express the body's movements into and creation of its own transformative shapes.

Experience Pitta's shape shifting qualities through movements such as balasana into rabbit (sasangasana) followed by undulating baby cobra onto the elbows to crocodile followed by other intuitive expressions of the body. Substitute sun salutations with those of the moon. Invoke the influence of grounding Kapha dosha with a restorative practice and pranayama such as Sitali and Sitkari. A Chandra Bhedana practice (refer to <https://www.pрана-sutra.com/post/chandra-bhedana-pranayama-left-nostril-breathing>) soothes excess Pitta. It has similar effects on cooling excess heat in Pitta as Surya Bhedana does for raising warmth when Kapha is unbalanced.

In late summer, Vata dosha starts to increase as Autumn is around the corner. Vata is drying, cold, light, hard, rough, clear, subtle and mobile. You may begin to notice a slight chill in the evenings or early mornings, become ungrounded or be mired with an influx of many thoughts more often than usual. Keeping warm and being grounded are keys to balancing this aggravated Vata state.



There are several ways to approach balance. Take warm foods and beverages. Walking meditation outdoors helps to immerse the senses and ground your whole being in nature. Keep an inward focus and attention on your yoga practice; perhaps voice or silently contemplate a soothing mantra such as SHRIM (also calms Pitta) and do a few rounds of Nadi Shodana followed by relaxation and a centering meditation. Foot massages are also pleasurable and balancing.

Our circadian rhythms are the dance of life, endlessly shifting through the three Doshas. Notice which Dosha is leading this dance and when it is time for you to take the lead to keep the dance flowing smoothly and in tune.

The key to good health for wellness on all levels of our being incorporates the Doshas and goes a step further to recognize we are even beyond the Doshas and the elements from which they are formed—we are in fact pure Awareness-Consciousness.

Ayurveda, like Yoga, is a lifelong sadhana. These two aspects from the ancient Vedas work in tandem, and when practiced with mindfulness, guide us to realizing what we really are—Pure Awareness, or True Nature. Just Now. Just Here. Just Being. OM shanti shanti shanti

Susan Quan is a YAA Certified Senior Teacher, a Yoga and Ayurveda Educator, Reiki teacher and Integrative Chakra Therapy practitioner. Her focus is the art of subtle energy work and "Just Being". Her contact information is available at <https://yoga.ca/teacher-directory>

Susan will be leading a Professional Development Series Webinar on May 16 - see advertisement page 13.



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IN MEMORIAM

Dr. Paula Fayerman

by Barbara Eastham and Paula's friends

Editor's note: Several of Paula's friends prepared this tribute together.

It is with deep gratitude that we honour the legacy of one of Alberta's shining lights, Dr. Paula Fayerman. Paula passed away on February 15, 2024 at her home in Calgary after a diagnosis of cancer.

Paula left an indelible mark on the lives of those she touched in the province and in the world as a member of the yoga and meditation community, as a pioneer of integrative medicine, as a valued innovator of the creative arts, and as a dear friend.

Paula studied medicine at the University of Calgary and completed her Doctor of Medicine in 1989. Knowing that her training as a medical doctor did not encapsulate the fullness of the true healer that she was called to be, Paula pursued studies and became certified in a variety of adjunct healing modalities. Paula was a Fellow of the University of Arizona's Program in Integrative Medicine



and a graduate of extensive study of Energy Medicine with Donna Eden. She completed a four-year program to become a certified Feldenkrais Practitioner, as well as extensive training in acupuncture, shamanic studies, yoga therapy, and somatics. Paula attended to any call for help be it mind, body, or spirit through her grounded skill and knowledge, and most markedly through her kindness and compassion.

As a friend to the arts and music scene, Paula hosted the avant-garde CJSW radio program 'Noise' for over 30 years. She was a dedicated organizer of the medical tent at the Calgary Folk Festival, and championed many emerging musicians, asking them to perform on her radio show and promoting their live performances. Paula was known for her exuberant and fun-loving dance moves. With her trademark smile and beautiful laugh she was a light and joy in any living room or celebration.

Paula's yoga studies began at the Yoga Centre of Calgary in the early 1990's when she studied with David McAmmond and traveled with David to India to study yoga therapy. She attended the Teacher Training Program at the Yoga Centre of Calgary with Barbara Eastham and became a Certified Yoga Teacher in 1999. She studied iRest Yoga Nidra extensively and attended numerous retreats over the years with Richard Miller. Paula became a certified Yoga Therapist through the International Association of Yoga Therapy and was awarded Senior Teacher status with the Yoga Association of Alberta in 2022. Most recently she offered yoga therapy workshops for the YAA to help the community better understand trauma and the ways it shows up in the yoga setting.

In her ardent pursuit to understand the nature of consciousness and healing, Paula attended many meditation retreats. She spent time at Plum Village in France with Thich Nhat Hanh, as well as an extended residential meditation retreat at Spirit Rock in California. She could often be found traveling to study with an impressive array



of leaders and pioneers in the fields of medicine, consciousness, and healing. Some of her many mentors in compassionate wisdom were Dr. Stephen Aung of Edmonton, Jack Kornfield of Spirit Rock, California, and Gyo-Zo (Ron Spickett) of Calgary.

Paula's spiritual practice was bedrock to her life. During the final months of her life, Paula truly embodied the lifetime of seeking that she had pursued. Years of dedicated practice to Loving Kindness and Compassionate Being meditation had become a part of Paula's essence and became an inner resource that nourished her and her loved ones though the journey of her passing.

Paula walked among us as a true friend and Bodhisattva, always somehow bigger than life. Whether travelling, creating, or serving, as a student or mentor, from the trenches of worldly life to the sublime reaches of consciousness Paula engaged in life from a deep timeless knowing that shone forth through those big brown eyes.

As we reflect on Paula's legacy, let us embrace the compassion and verve with which she lived. Her parting words to us all were:

"Enjoy your life...be kind to each other... and be well".

You are forever in our hearts, dear friend.

A YouTube episode of Paula leading an iRest meditation for anxiety can be found at the following link. <https://youtu.be/bT3OXjYpjvg>

MEDITATION MINUTE

Debbie Spence

Despite my best intentions, I sometimes make mistakes. Feelings of guilt can cause me to become distressed, depressed and isolated. Chronic guilt is toxic and painful.

It's actually a kind of ego:

"I should always be perfect and never make mistakes."

How can I move on from feeling guilty?

I take the lesson from the situation

and resolve not to repeat it.

I remind myself that all actions that happen in the past stay in the past. The past has passed.

I refuse to bully myself with repeated thoughts of regret and self-punishment.

Instead, I become conscious and I remember that

I am soul, spirit, consciousness.

In every moment I become "action-aware" - I never

"fall asleep at the wheel" -

I keep my mind focussed on the task at hand.

I resolve to stay awake,

living in the present moment of NOW!

Om Shanti. I am peace. I am awake and aware.



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BOOK REVIEW

Yoga Therapy for Backs: An Essential Read for Yoga Instructors

by Janine Mills

For the past 12 years I have struggled with back pain that resulted from an injury I got while playing in the ocean while on vacation. While I was body boarding, a wave bent me over backwards and slammed me down to the ocean floor. Ever since then I have had varying levels of pain, and the smallest everyday movements cause me to struggle the most. I was just 26 years old when the injury occurred. I have now been diagnosed with arthritis and facet joint problems in my lumbar spine, and I will likely always have to manage spine health and back pain. Since the injury I have continued to practice yoga and I am in the process of completing the 200hr Hatha yoga teacher training. Sometimes my back feels better after practicing yoga, but on occasion practicing yoga has worsened pain and symptoms.

Since the injury I have seen a few doctors, chiropractors, and physio therapists; I have also had one medical procedure done to help lessen pain in a nerve. However, it wasn't until I read the book "A Practical Guide: Yoga Therapy for Backs" by David McAmmond and Anita Sielecki, that I finally understood my back injuries and how to safely practice yoga with a back injury.

The book is divided into four parts. The first section ("The building blocks") is an overview of human anatomy focusing on the spine. This section covers forces exerted on the spine during different movements so that you can understand how these forces will affect the spine in different yoga postures. In addition, the authors show the muscles that support and stabilize the spine. This information gives the reader a comprehensive look at the spine and how it is supposed to function.

The second section ("What causes back pain") talks about the causes of back pain including an overview of different medical conditions and injuries that affect the back and spine. When I

read this section, I developed insights about my own back conditions. Medical professionals have explained my injuries to me, but it wasn't until I read this section that I truly understood what was happening with my back and what movements and poses I should modify or avoid completely. The photos and diagrams in this section make it easy for the reader to understand and follow along. This section is essential for any yoga instructor who works with students who have a back injury so that instructors can understand the condition or injury and know how to safely guide students in their practice while avoiding further injury or aggravation.

The third section ("How problems can start") is essential for both new yoga instructors and experienced teachers, because this section goes over how everyday movements and yoga postures themselves can contribute to the development of back injuries. One of my favorite tools from this section is a chart that outlines how particular movements cause stress on the back, which part of the back is impacted, and what poses present risks to spinal alignment and health. This chart is a quick "cheat sheet" to remind instructors which poses should be cautiously undertaken or modified to avoid injury. The third section expands on the chart by referring to all the planes of movement as they affect spinal health and provides details about important adjustments in particular postures for students with back problems.

The final section ("Finding solutions") covers different adjustments, exercises and series of exercises that can help improve specific injuries and conditions. This section also includes an important flow chart that can help instructors assess if the student should seek medical treatment for their back injury or if they can proceed with safe and informed yoga practices. The book also

provides a generous list of references, research articles, and resources that support the book's comprehensive information summary and analysis. The authors identify further areas of exploration for yogis to assist on their journey to spinal health. I recommend this book as essential reading for any yoga instructor or practitioner to maintain healthy backs and a safe and effective lifelong practice.

Janine Mills has taught the Yoga for the First Responders Program which is designed to make the physical and mental benefits of yoga accessible to first responders and others since 2018. To augment her skills as a teacher, she is currently enrolled in the 200-hour YAA teacher training program and has spent many years appreciating yoga under Gerda Krebs.

Anita Sielecki is past-president of the YAA. She is a YAA certified senior teacher and teaches yoga in Edmonton. David McAmmond passed away in 2022. We miss his sense of humour, his sweet nature and his wisdom.

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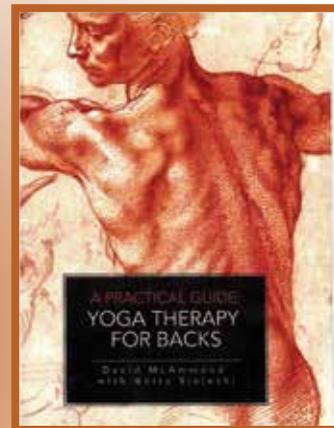
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by David McAmmond and Anita Sielecki

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 Visit www.yoga.ca or
admin@yoga.ca or 780-427-8776**



Book Review p. 23 this issue.

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







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ALBERTA EVENTS 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.

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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

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

YAA Workshop & Classes Fees & Cancellation Policy

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O YAA

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O Life Anatomy: It's FUNctional w/Sherry Ogg. info@micromoves.com 780-414-0273. Ad p. 13.

O Grow Resilience

GrowingSpaceForHealthandWealth.com Ad p. 17.

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

MARCH / APRIL 2024

March 30 C H

Learn the Ropes Series: Standing Poses with Santiago Arribas Pican. Access new and creative ways to move into standing poses with the wall ropes. CIY | House of Yoga. 403-457-4070; deanna@yogayyc.com; www.yogayyc.com/workshopsnews

April 2 O YAA

Teachers Showcase Series. Tuesdays with Frances Gagnon (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

April 5 O

Online Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

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- | | |
|---|---|
| April 2 & 16 (Tuesdays)
Frances Gagnon | July 2 & 16 (Tuesdays)
Karen Giering |
| May 1 & 15 (Wednesdays)
Kim Fraser | August 8 & 22 (Thursdays)
Beth Brookwell |
| June 5 & 19 (Wednesdays)
Debbie Dionne | Sept. 5 & 19 (Thursdays)
Elizabeth Danyluk |

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April 5,12,19 & 26 E H

Chair Yoga w/ Neeru Prashar. 1:15pm-2:15pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

April 5, 12, 19, 26

Postnatal Yoga Series. 9:30 am & 10:45am. Pine Integrated Health Centre. chantalederyoga@gmail.com 780-999-3203.

April 6 to June 15. O

Peace of Mind for Professionals: Yasodhara Ashram's 10-week program supporting well-being in a fast-paced working world. Your investment: \$1,800. Visit yasodhara.org or call 1-800-661-8711.

April 11 O YAA

A Guided Tour of the New YAA Website. 8:00pm on Zoom. FREE Livestream for YAA Members. Recording will be made available on yoga.ca. Register YAA 780-427-8776 or www.yoga.ca/store for the Zoom link. Ad p. 2.

April 11 - May 30 C

Pelvic Floor Health Yoga w/ Sherry Norman. Each week will focus on a different aspect of pelvic floor health and will include *pranayama* (breathing exercises) and yoga poses. Thursdays 5:30pm - 6:45pm <https://www.yogamcc.com/yoga-registered-classes>. 403-251-9642.

April 12 E H

Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 6:30pm-7:30pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

April 12-14, 2024 Pigeon Lake

Christian Yoga Retreat w/Barbara Ritter & Melayne Smith. Gentle yoga practices to 'Build Your House Upon A Rock'. Focus is on feet, core, breath and heart. Early bird by March 29th, \$210 incl. accommodation/meals. Mulhurst Camp. <https://barbaralritter.ca/classes/retreat/> 780-468-5985

April 13 E H YAA

Core Curriculum Class - TTP & Upgrading: Shoulder/Arm Focus; Bhagavad Gita with Neil Haggard. 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. See pp. 18-19.**

April 13 E H

Realignment Yoga for Golfers w/ Candace Wickins. 1:00pm-2:30pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

April 14 E

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

April 14 C H

Restorative and Pranayama Afternoon. Explore the art of conscious breathing. CIY | House of Yoga. 403-457-4070; deanna@yogayyc.com; www.yogayyc.com/workshopsnews

April 15 - June 24 C H

Gentle Yoga for 60+ w/ Anne Cox This is a class designed specifically for those that want to stay active, strong & mindful as they age. Mondays 9:45am - 11am <https://www.yogamcc.com/yoga-registered-classes> 403-251-9642.

April 16 O YAA

Teachers Showcase Series. Tuesdays with Frances Gagnon (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

April 19-21 E H YAA

Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1:00pm. Providence Renewal Centre &/or live online. Anita 780-432-7152 for info. Register YAA 780 427-8776 or www.yoga.ca/store. Ad p. 22.

April 19 C

Vibrational Therapy with 12 Crystal Bowls w/ Kimberly Mast The vibrational resonance of the "inner sound massage" with 12 crystal bowls harmonizing can open us to a field of unlimited possibilities. The focus for this event will be connecting to our hearts in preparation for the new season of growth. Friday 7pm - 9pm <https://www.yogamcc.com/workshops> 403-288-2909.

April 20 E

Somatic Stress Release Workshop w/ Rebecca Hung. 1:00pm-3:00pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

April 21, 28 & May 5 O

Somatic Stress Release 3 wk session w/ Rebecca Hung. 10:00am-12:00pm. \$80. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

April 21 C

Family & Systemic Constellations w/ Rosina Wellmann. Systemic Constellations looks at the hidden dynamics that we all come from within the family system. As Mark Wolynn would say: "None of us came without baggage." Sunday 10am-5pm <https://www.yogamcc.com/workshops> 403-251-9642

April 22-October 12 H

SOYA 200hr Foundational Yoga Teacher Training Online/Hybrid, live via Zoom. Conclude at a week long immersion near Edmonton. \$3200+ gst. Pay in full save \$300. Rebecca 403-710-4294.

April 24 - June 19 C, H

Mindfulness Based Cognitive Therapy (MBCT) w/ Pam Hauck. For those who have suffered from recurrent depression or ongoing anxiety, being able to recognize the early signs of relapse allows for skillful intervention before mood symptoms and negative thought patterns become severe. Wednesdays 5pm - 7pm <https://www.yogamcc.com/meditation-registered-classes> 403-251-9642.

April 24, May 29 E

Pregnancy Circle: Meditate and Reflect. 6:15pm - 8:15pm \$20 drop-in. Nest Integrative Wellness . chantalederyoga@gmail.com 780-999-3203.

April 25 - May 23 E

Prenatal Yoga Series. 6:45pm - 8pm. Pine Integrated Health Centre. chantalederyoga@gmail.com 780-999-3203.

April 26 C

Kirtan w/ Prashant Michael John. Kirtan works at breaking the shell of the ego and expanding the heart and consciousness. Many great souls have reached Self realization just through this practice. Last Friday of every month 7pm - 9pm <https://www.yogamcc.com/workshops> 403-251-9642

April 27 E

Finding the Flow A VinYASa Extravaganza w/ Jake Tkaczyk. 12:00pm-1:30pm. \$35. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

April 28 & 29 O

World-Renowned Teacher and Author, Eyal Shifroni, Live from Israel. CIY | House of Yoga. 403-457-4070; deanna@yogayyc.com; www.yogayyc.com

April 28 O YAA

10am-2pm: YAA's 48th ANNUAL GENERAL MEETING (election of Board of Directors, annual reports, etc.) followed by a free workshop with George McFaul for all YAA members who attend the meeting. "From Seeds to the Sun - an exploratory journey of the evolution of movement" (Article p. 7). Pre-register at www.yoga.ca/store to receive Zoom link. Ad p. 10.

MAY 2024

May to November 2024. Kootenay Bay, BC.

Restorative Retreats: Self-guided healing experiences at Yasodhara Ashram. Minimum 1-week stay. Price varies based on accommodation. Visit yasodhara.org or call 1-800-661-8711.

May 1 O YAA

Teachers Showcase Series. Wednesdays with Kim Fraser (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

May 3 - 12 C H

Tibetan Bon Buddhism Meditation Teacher Training w/ Lama Geshe. Yongdong Unique opportunity to learn to teach meditation from a Geshe in the Bon Buddhist tradition. Fridays 6pm - 9pm Saturday/ Sunday 9:30am - 5:30pm <https://www.yogamcc.com/tibetan> 403-251-9642.

May 3 O

Online monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

May 4 E H YAA

Core Curriculum Class - TTP & Upgrading: Backbends; Gunas & Koshas with Mary LeBlanc, 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. See pp. 18-19.**

May 7- June 25 E

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

May 8 - June 19 C

Breathing Through the Chakras w/ Daemond Mano. Conscious, connected Clarity Breathwork is a type of breathing practice that involves deep, connected breathing to help release emotional blockages and promote physical and emotional healing. Wednesdays 7:15pm - 9:15pm <https://www.yogamcc.com/meditation-registered-classes> 403-251-9642

May 8-October 2 O

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

May 9-14. Kootenay Bay, BC.

Resilient Professionals: Nurturing Peace in a Fast-Paced World. A guided retreat for professionals at Yasodhara Ashram. Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

May 10 E H

Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 6:30pm-7:30pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

May 15 O YAA

Teachers Showcase Series. Wednesdays with Kim Fraser (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or yoga.ca/store. Ad p. 26.

May 16 O YAA

Professional Development Series Webinar – Ayurveda 101: The Play of the Doshas in Spring and Summer with Susan Quan. 8-9:30pm on Zoom. FREE Livestream for YAA Members. Recordings available with Full/Lifetime Membership only. Register YAA 780-427-8776 or yoga.ca/store. Ad p. 13.**

May 17-20 C

Yin Yoga Teacher Training w/ Debby Sereda. Learn the functional approach to teaching with brilliant anatomical and structural insight that will revolutionize your teaching and practice knowledge. This training is suitable for all levels of teachers and students who wish to learn how to practise and teach Yin Yoga safely and creatively. Fun and interactive, learn the practice and theory of Yin Yoga as taught by founder Paul Grilley. 30 Hours. \$595. Calgary Confederation Pk. Debby Sereda, 403 283-9747. <mailto:yogamaya@shaw.ca> / <http://www.yogamaya.ca>

May 19-24. Kootenay Bay, BC.

Realizing Potential: Awakening to Choice. A guided retreat at Yasodhara Ashram. Price varies based on accommodation. Visit yasodhara.org or call 1-800-661-8711.

May 23 – 26 E H

A Path of Practice: Integrating concentration, mindfulness, insight and loving kindness w/ Richard Shankman. Four-day Vipassana Meditation Retreat. Beginners to advanced welcome. Thursday 7:00 pm to Sunday 4:00 p.m. Providence Renewal Centre. By donation (dana) <https://www.edmontoninsightmeditation.ca/retreats>

May 24-June 14 E H

Intro to Rest and Rejuvenation Sleep Meditation w/ Lisa Workman. 6:30pm-7:30pm. \$94. Video replays available. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

May 25 E

Somatic Stress Release Workshop w/ Rebecca Hung. 1:00pm-3:00pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

May 29 E

Pregnancy Circle: Meditate and Reflect. 6:15pm - 8:15pm \$20 drop-in. Nest Integrative Wellness. chantalederyoga@gmail.com 780-999-3203

May 31-June 2

SOYA Annual Retreat in Sorrento, BC w/ special guest Indu Arora: "Living Ayurveda". Retreat fees \$325+gst, accommodations & meals separate.

JUNE 2024

June 1 O

Online monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

June 1 E H YAA

Core Curriculum Class - TTP & Upgrading: Surya Namaskar; Tantra & Mantra with Karen Hamdon. 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. See pp. 18-19.**

June 2-7. Kootenay Bay, BC.

Gathering Wisdom: Reflections in Nature. A guided retreat at Yasodhara Ashram. Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

June 5 O YAA

Teachers Showcase Series. Wednesdays with Debbie Dionne (300-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

June 15 E

Somatic Stress Release Workshop w/ Rebecca Hung. 1:00pm-3:00pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

June 16-21 O

Online Week-long Meditation w/ Rebecca Hung. 6:30am-7:00am. \$56. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

June 16-28. Kootenay Bay, BC.

Yoga Journey: Yasodhara Ashram's transformative 12-day experience. Price varies based on accommodation. Visit yasodhara.org or call 1-800-661-8711.

June 16-April 28/25 O

SOYA 200hr Foundational Yoga Teacher Training Online, live via Zoom on Sundays, 3 times a month. \$3200+gst. Save \$300 when you pay in full! Contact Rebecca 403-710-4294.

June 19 O YAA

Teachers Showcase Series. Wednesdays with Debbie Dionne (300-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

June 21 E H YAA

YAA International Day of Yoga Celebration with Free Yoga Class & Live Entertainment. 12:00 Noon at the Edmonton Legislature Grounds Bandshell and on Zoom. In case of rain, class will be held on Zoom only. Register to get updates and the Zoom link at www.yoga.ca/store. Ad p. 26.

June 21 E H

Deep Release: An evening to Exhale w/ Rebecca Hung. 6:30pm-8:30pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

June 23 E H

Summer Solstice-Uplift & Elevate w/ Satwinder Sran. 6:30pm-8:30pm. \$35. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

JULY 2024

July 1 YAA

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

July 2 O YAA

Teachers Showcase Series. Tuesdays with Karen Giering (300-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

July 2-30 E

Prenatal Yoga w/ Dani Checknita. 7:15pm-8:15pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

July 5 O

Online monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

July 7-12. Kootenay Bay, BC.

Being Alive: Awe & Wonder. A guided retreat at Yasodhara Ashram: Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

July 10-14 E H YAA

A Mindfulness Meditation & Gentle Yoga Retreat w/Kavindu (Mexico) & Anita Sielecki Wedn. 3pm-Sun 1pm. Providence Renewal Centre and live online. Anita 780-432-7152; sielecki@hotmail.com for info. Register YAA 780 427-8776 or www.yoga.ca/store. Ad p. 22.

July 16 O YAA

Teachers Showcase Series. Tuesdays with Karen Giering (300-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

July 21-26 Kootenay Bay, BC.

Moving into Stillness: Deep Relaxation & Healing. A guided retreat at Yasodhara Ashram. Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

July 2024. In Person

West Coast Retreats. Take a week to rejuvenate: open the body and deepen your practice. CIY | House of Yoga. 403-457-4070; deanna@yogayyc.com; www.xri.earth/west-coast-retreat-intensives

AUGUST 2024

August 2 O

Online Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

August 6-27 E

Prenatal Yoga w/ Dani Checknita. 7:15pm-8:15pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

August 8 O YAA

Teachers Showcase Series. Thursdays with Beth Brookwell (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

August 11-16 Kootenay Bay, BC.

Living from Love: Tuning Into Your Heart's Message. A guided retreat at Yasodhara Ashram: Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

August 22 O YAA

Teachers Showcase Series. Thursdays with Beth Brookwell (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

August 25-30. Kootenay Bay, BC.

Power of Presence. A guided retreat at Yasodhara Ashram. Price varies based on accommodation. Visit yasodhara.org or call 1-800-661-8711.

SEPTEMBER 2024

September-March/25 E

200 Hour Hatha Yoga Training w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

September-March/25 E

Deepen Your Yoga Journey w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

September 1 E

Free Yoga Day. 9:00am-1:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 3-Oct 29 E

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

September 5 AND 19 O YAA

Teachers Showcase Series. Thursdays with Elizabeth Danyluk (500-Hour Level). 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 for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 26.

September 21 E H YAA

Core Curriculum Class - TTP & Upgrading: Inversions; Subtle Body Anatomy & Chakras with Teddy Hyndman**. 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. See pp. 18-19.

September 22-27. Kootenay Bay, BC.

Opening to Compassion. A guided retreat at Yasodhara Ashram: Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

September 28-29 O YAA

Living Your Heart's Desire: Yoga Nidra Meets the Law of Attraction – an 8-hour online workshop with Anne Douglas**. Saturday & Sunday 10-12 & 1-3. \$150. Livestream via Zoom with recordings available. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 21.

OCTOBER - DECEMBER 2024

October 4-6 E H YAA

Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online. Info: Anita 780-432-7152. Register YAA 780 427-8776 or www.yoga.ca/store. Ad p. 22.

October 10-22. Kootenay Bay, BC.

Yoga Journey: Yasodhara Ashram's transformative 12-day experience. Price varies based on accommodation. www.yasodhara.org or 1-800-661-8711.

October 25-27 E H YAA

TTP Spring Teaching Skills Workshop with Beth McCann**. Friday 6-9pm, Saturday & Sunday 9am-4pm. \$225. Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. See pp. 18-19.

November 1 YAA

Deadline for Initial Certification and Recertification applications for January, 2025 approval. Email to cert@yoga.ca.

November 5-December 10 E

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

November 16 E H YAA

Core Curriculum Class - TTP & Upgrading: Pranayama & Meditation Overview; Related Yoga Sutras Pada II & III with Karen Hamdon**. 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. Ad pp. 18-19.

November 29-December 1 E H YAA

Exploring Yoga in Community: A retreat Experience: Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1:00pm. Providence Renewal Centre &/or live online. Anita 780-432-7152 for info. Register YAA 780 427-8776 or www.yoga.ca/store. Ad p. 22.

December 7 E H YAA

Core Curriculum Class - TTP & Upgrading: Special Concerns & Limitations; Yoga Sutras Pada IV with Mary LeBlanc**. 9:30am-3:30pm. \$80. Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all Teacher Training programs (www.yoga.ca/training). Register YAA 780-427-8776 or www.yoga.ca/store. See pp. 18-19.

2025

January 16-April 16, 2025. Kootenay Bay, BC.

Yoga Development Course: Yasodhara Ashram's 3-month immersion into authentic yoga. Offers complete instruction of all practices from our women-led lineage. Fees vary based on accommodation. www.yasodhara.org or 1-800-661-8711.

PHOTO SUBMISSIONS

Please continue sending your beautiful pictures of YOU. We're especially interested in photos from a diversity of people and body types in poses that are simple and accessible, with simple backgrounds or beautiful landscapes.

If you fancy being on the cover, or even included in some articles or advertisements, please DO send your photos to yaa@yoga.ca.





PROPS AND MORE

FEATURED PROP YOGA STRAPS / BELTS

Yoga straps, sometimes also called belts, are a fantastic prop for our yoga practice. Straps can be used to assist with alignment, to deepen poses and to make some poses more accessible.

Hamstring and shoulder stretches are common ways to use a strap, and they can be helpful for those who wish to work toward more advanced poses such as arm binds. There are several standing balances that can be done with a strap as well. Straps can add an element of playfulness to our practice as we experiment and explore different ways to use them.

Straps are locally made in Edmonton and feature a sliding India-style buckle for ease of use.

Choose from:

- three colours (white, blue or black),
- two lengths (7 foot or 9 foot) and
- two widths (1 inch or 1.5 inch)

Your teacher may recommend a certain length or width of strap, or you can simply choose the size that feels most comfortable for you.



PURCHASE (780) 427-8776 OR YOGA.CA



PROPS AND MORE

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

BLANKETS

Indian Blankets: white, cotton \$41

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

* Soft & Lightweight Grey Blocks: 2x8x12", 20 or more @ \$11.50 \$12

* Black Foam Bricks: 4x6x9", 20 or more @ \$13.50 \$16

* Wood Blocks: 3x4.5x9" (hollow) \$25

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

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

* **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) \$33

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

* **MALA BEAD NECKLACES** hand-crafted in Alberta..... \$108

MEDITATION

* **Wood Bench with folding legs.** \$39

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

MATS & CARRIERS

Tapas Hugger Muggger ©: Travel (68x24x 1/16"); Regular (68x24x1/8") \$23 / \$31

Jade: Voyager (68x24x16"); Harmony Pro (68x24x3/16" & 74x24x3/16") \$54 / \$104 / \$110

Jade XW professional mat (80"x28") \$139

Jade Organic Mysore Yoga Rug (72"x27") & Jade Dharba Grass Med'n/Yoga Mat (72"x26") ... \$94 / \$65

Manduka© Pro (71x26x1/4" & 85x26x1/4") \$142 / \$166

Manduka© Pro-Lite: (71x24x3/16" & 79x24x3/16") \$112 / \$127

Pure Earth II Eco Mat: (68x24x1/4") recyclable, compostable, cushioned \$44

Half Moon: Regular (74x24x3/16"); XL XW (84x27x3/16") \$38 / 50

PurAthletic Starter Mats, assorted colours.....on order

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

* **Handmade Mat & Prop carriers: Multiple colours.** on order

NETI POTS plastic and ceramic \$20 / \$24

NETI SALT 8 oz or 10 oz..... \$5 / \$10

* **SANDBAGS (10 lb) assorted fabrics Hand Made in Alberta** \$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

TONGUE SCRAPER/CLEANER copper..... \$5

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

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

PURCHASE (780) 427-8776 OR YOGA.CA



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

**Join your Alberta Yoga Family. Albertans - your first year
membership is FREE!**

www.yoga.ca