

MAGAZINE OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

# YOGA BRIDGE

CONNECTING ALBERTA THROUGH YOGA

WINTER 2024 VOLUME 24 ISSUE 1





Absolutely love the new logo. Congratulations on coming up with the fantastic design.  
~Enid B.

Wow! That logo is so fantastic. Really love it! Great work.  
~Sandra S.

## A New Look for the Thanks to you!



We are very pleased to unveil a new logo for the YAA!

And it's thanks to you, our members, for all your input! As a community of like-minded creative souls, we put forth an open call for concepts, and this beautiful design incorporated many members' submissions and feedback.

This logo has a fun, fresh and lively look with the figures being neutral enough to be inclusive of all body shapes. Bright and colourful, we are reminded of the colours of the chakras being a strong metaphor for the diversity of our membership -- the lineages, styles and people the YAA encompasses.

This is a modern, thoughtful rebrand that personifies the YAA's commitment to diversity and inclusion of all people and lineages, and represents our path forward as a vibrant, progressive organization.

We hope you like it too.

Well done!!! I LOVE the look and the concept!  
~Kim F.

Love it!! It's so perfect! Well done!  
~Sandy A.

What's next?

Watch for the new website coming soon!



Congratulations on the new YAA logo! It has all the basics of a good yoga pose: strong underpinnings and simple, effortless appearance with subtle, undeniable beauty. Well done everyone who was involved. It's a tremendous community effort.  
~Lynda F.

I love the new logo - brilliant. I'm glad that the new look came from a collaborative process, and I think it does an excellent job of representing many of the things I love about the yoga community.  
~Elizabeth K.

LOVE IT!!! What a fabulous new logo! For me, it exemplifies the YAA's use of yoga in bringing together our creative and diverse community into joyful oneness. Bravo!  
~David W.

### YAA EXECUTIVE

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## YAA DONATION PROGRAM

### DID YOU KNOW?

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

### HOW IS YOUR DONATION MONEY USED?

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

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

**IT'S A WIN-WIN!  
THANK YOU!**

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

The Yoga Association of Alberta (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.

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

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

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

**CIRCULATION:** 1,500-2,000 / issue (3 issues / year)

### ADVERTISING RATES

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

Please e-mail advertisements in high resolution PDF format. Additional charge for typesetting, formatting or editing ads. The YAA reserves the right to refuse ads that are not in readable format or that do not contain appropriate content. Details at [yoga.ca/newsletter/](http://yoga.ca/newsletter/)

**Article Submission:** Please consult with [editor@yoga.ca](mailto: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

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## EDITORIAL

# Review of the Editorial Process for Writers

by Dave Downing, Volunteer Editor

I don't know of another yoga organization in Canada that represents its members to the same level we do. We set a high standard for others to follow in many areas. Accordingly, we endeavour to ensure that the communications we send out—and that includes the newsletter—are of high quality. Authors who do have their articles featured in the *Yoga Bridge* reach an audience that includes all of Alberta, many other provinces and territories, and even a few in other countries.

We embrace the concept of community involvement in the newsletter. Articles we've published span a huge range of topics as the compendium on the [yoga.ca/newsletter](http://yoga.ca/newsletter) page shows. The newsletter wouldn't be nearly as interesting without authors' contributions, so we greatly value your submissions.

We (the editor and editorial board) want to help get your message across clearly while, as much as possible, retaining your unique form of expression. We review each article as it is submitted and determine the type of editing that is most appropriate. In the Autumn 2021 edition, 13 people shared short stories, poems and photos of their experiences with Covid. That was the origin of our column titled "Member Musings". Those are personal accounts and we edit them very lightly. We spend a bit more time on teacher tributes to help the writer let everyone know of their subject's qualities as a teacher and a person, as much as possible in their own words.

Longer articles that address yoga-related issues of physical, mental and spiritual health from a scientific and/or metaphysical perspective are another matter. The fine print on page 4 of each newsletter contains the cautions that "The material in this newsletter is not intended as medical advice. Consult a medical or health professional on any health or safety issue", and "The YAA is not responsible for information contained in articles

or advertisements or for ensuring qualifications of advertisers or writers".

With that as the main guideline, the editor and the editorial board endeavour to ensure that articles on asana, yoga science, yoga philosophy, and yoga-related health and medical topics meet certain standards. Editors and board members have worked hard to develop a framework that provides clarity to writers as to the editorial process and what they can expect, and they are included at [yoga.ca/newsletter](http://yoga.ca/newsletter). When authors submit articles for consideration, we assume that they are familiar with these guidelines and that they agree the editor makes the final decision on article inclusion.

The same level of editorial review applies both to authors who are invited to submit articles by the YAA and to authors who voluntarily submit their work. When I receive an article, I determine whether it is a short personal account that requires little editing or a longer article that needs a closer look. I forward the article to the editorial board for their assessment of whether the article is appropriate and of interest, as well as their initial thoughts on whether it requires major edits, if it isn't a short personal account.

My own approach to an initial assessment is to read the article quickly, as I would if I was a newsletter reader. Is it clearly laid out? Is the thread of the article easy to follow? Is there an introduction that sets out a path, a logical train of thoughts that details what is on that path, and a conclusion that wraps it up?

If the consensus is that the article requires major edits, I summarize what the board has submitted plus my own observations and send that back to the author with an indication of what we think needs to be done so that the article meets publication standards. In the past, I often assumed that the person submitting the article might appreciate some specific suggestions. This hasn't always

worked, so going forward I will ask the author if they want help in the form of more specific guidance; if the response is positive and prompt, I will provide it. I keep the spirit of compromise in mind when I do so—a good compromise is one where the parties concerned are satisfied even if not completely happy.

Authors can decide whether to continue and resubmit or withdraw their submission at this point (or at any time). If the article is resubmitted, I might send the article around to the editorial board again for their review; if the consensus is that only minor edits are needed, I will make those.

If major edits are still needed and the author requests specific guidance, I will provide it. If I and the author can come to an agreement, the article will be published in the newsletter when space is available. If not, the article won't be published, or I might suggest that the author could convert the article to a short personal summary (Member Musings column) if time permits.

Don't be scared off by all this. We have standards but if you have something you want to share, we can work with you to make it happen.

**ARE YOU LOOKING FOR A  
YOGA TEACHER OR KNOW  
SOMEONE WHO IS?  
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**Take time out  
for a restorative weekend of  
asana, pranayama, meditation &  
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format will include 2 nights  
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**Sign Up at  
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**Exploring Yoga  
in Community**

Guided by Anita Sielecki, YAA Senior Teacher  
Upcoming Retreats in 2024:  
**Feb 2-4, Apr 19-21, Oct 4-6, Nov 29-Dec 1**  
Fridays 6:30pm to Sundays 1pm

**YAA EXECUTIVE BOARD**

**A New Look for the YAA**

The new logo is here! It's fresh, young, exciting, and will move us forward in our efforts to share the joy of yoga with more Albertans. We hope you like the result as much as we do!

Several logo design ideas were considered with much thanks to valuable input from various members. Much of your feedback went into this work. The final design was a collaborative effort. It started as an idea from our current President, David Maulsby, with elements from other submissions added in. It was then very carefully crafted by Susan May of Intrinsic Design with multiple rounds of revisions from staff and Board members, to get all the lines, colours, and letters just right.

The YAA's Board of Directors also carefully considered the YAA's Vision, Mission, and Value Statements as part of our work on marketing, communications, and branding. Although the goals and ideals of the YAA have stayed true over the last 48 years, those statements needed review, clarification, and fresh inspiration as well. They will be used in various communications, publications, and grant applications, and are noted below.

These statements will also be posted on the new website, which we hope to unveil early in the new year. There's a lot of potential here for bringing yoga to more people, and for coming together in community, so we're very excited to see this all coming to life!

Much thanks to all our membership for all your involvement with the YAA. You've offered us so much good to work with. The good we do together is so much better because of you!

**Who We Are:**

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.

**Our Vision:**

A world where all people can experience well-being, wholeness and community through yoga.

**Our Mission:**

To 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 underserved 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.

**Our Values:**

The YAA is an inclusive community rooted in ancient teachings with a long legacy of respect and cooperation between diverse traditions and approaches to yoga. We find strength in diversity, wisdom through education and experience, integrity through ethical and professional standards, and connection through compassionate service.

**DEI Statement:**

The YAA is committed to creating a diverse, equitable and inclusive environment and believes everyone should have access to the benefits of yoga. We strive to ensure that everyone is respected and valued regardless of physical and mental capacity, age, economic circumstance, ethnicity, family status, gender identity, geographic location, immigration situation, language, national origin, occupation, race, religious belief, sexuality, trauma, personal history, or any other factor. We are dedicated to creating a safe and welcoming environment where everyone can be their authentic selves and thrive.

# SAVE THE DATES: YAA EVENTS

## TTP Trainings. Ad p. 20-21

**Start Anytime.** 100-Hour Immersion, 200-Hour Teacher Training, 500-, 750-, 1000-Hour Advanced Training Levels. Pay-as-you-go. Flexible format and schedule. Equivalency assessment with credit for previous certifications. Mentor w/ YAA Senior Teachers.

## Know Your Yoga Body.

**Start Anytime.** Five 3-hr video modules of anatomy & physiology w/ Paula Carnegie Fehr\*\*. Certificate of Completion/TTP credit if optional assignment is completed.

## Teacher Showcase. Ad p. 26

**FREE for YAA members. Twice Monthly online classes w/ YAA Certified Teachers.** Meet your AB Teachers! 2023: Dec 4,18: Tracy Koluk. 2024: Jan 4, 18: Sandy Ayre; Feb 7,21: Lisa Workman; Mar 6,20: Barbara Eastham\*\*.

## Core Curriculum Classes. See pp. 20-21

**2023: Dec 9. 2024: Jan 13, Feb 10, Apr 13, May 4, Jun 1.** Mentor with highly qualified YAA Certified Senior teachers. Start YOUR Teacher Training Program anytime.

## Exploring Yoga in Community. Ad p. 6

**2023: Dec 1-3. 2024: Feb 2-4, 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.

## First Aid and CPR. Ad p. 15

**Jan 6 or March 9** Certification for Emergency First Aid w/ AED & CPR-C. Open to YAA Certified Teachers & TTP Students Only. In-Person in Edmonton, Percy Page Centre.

## Trauma Informed Training. Ad p. 24

**Jan 19-20 w/ Paula Fayerman\*\*.** Five hours of free training - online only. Priority to YAA teachers. The workshop is a follow-up to the June 29, 2023 Introduction and the recording is available at [yoga.ca](http://yoga.ca).

## Art & Science of Pain Care Yoga. Ad p. 24

**Feb 15 w/ Terri Jones.** Professional Development Series. Learn about pain and how to make your yoga class a safer space for participants to explore their pain.

## Inward Escape Workshop. Ad p. 19

**Feb 25 w/ Marla Ericksen.** Meet your Inner Being. A day of refuge, realignment and recovery. Online only.

## Teaching Skills Workshops. See p. 21

**Mar 22-24 w/ Beth McCann.** Students & teachers welcome. Learn the art of teaching yoga or refine your teaching skills with YAA Senior teachers.

## Mindfulness & Meditation. Ad p. 19

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

**ALL EVENTS ARE SUBJECT TO CHANGE IN FORMAT OR CANCELLATION.**

**REGISTER: [www.yoga.ca/yaa-store/](http://www.yoga.ca/yaa-store/)**

\*\* Denotes YAA Senior Certified Teacher



**INFORMATION & TO REGISTER: 780-427-8776 OR [YOGA.CA](http://YOGA.CA)**

## ASANA

# A Physical, Psychological and Spiritual Practice

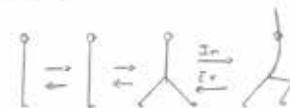
by Marcia Langenberg

When I heard the news that my husband, Willem, had fallen skating at Edmonton's Victoria Park Oval on March 16, 2023, and was being taken by ambulance to the trauma unit at the Misericordia Hospital, my first instinct was to connect with my breath. My second instinct was to chant the Gāyatrī Mantra<sup>1</sup> while driving to the hospital. My third instinct was to place my hand on the top of my husband's head in a special way (*nyāsa*), when I saw him strapped on a gurney in a neck brace with a swollen, red, bloodied face. At that moment, I became a 'warrior' determined to act in whatever way was needed to help him.

There is a triad of āsanās known as the warrior poses: *vīrabhadrāsana* 1, 2, and 3. Each of these poses has a stable base and an open chest, which promotes vitality (*vīra*). Each has its own attribute. Warrior 1 cultivates the quality of receptiveness to something greater than us. Warrior 2 cultivates being in the present moment. Warrior 3 cultivates balance. Thirty years of practicing these poses embedded within me the qualities I needed to be a warrior for my husband. The following descriptions of the practice of these three poses in two stages with the breath is the signature way āsanās are practiced in the lineage of Sri T. K. V. Desikachar.

To move into Warrior 1 from standing with feet together, I turn my right foot 45-degrees and step my left leg forward in front of my left hip. I feel even weight through my tripods (base of big toe, little toe, and heel) of both feet. As I inhale, my chest expands and my sternum (chest bone) slightly lifts away from my navel, my arms lift forward and up beside my head, and my left knee bends maintaining equal grounding

Warrior 1



through both feet. I feel the strength in my legs supporting me as I open my heart to the Divine. On exhale, I straighten my knee, relax my chest, lower my arms. I move into and out of Warrior 1 four to six times. When I am finished doing this pose dynamically, I step my left leg back beside my right. I let my breath recover and then I go back into the pose on the same side in which I stay, calling on Divine Grace to enter me while visualizing streams of silver particles of light coming into my heart, for four to six breaths. When I return to stand with feet beside each other and slightly apart in *samasthiti* (standing neutral pose with spine in its natural curves), I let my breath come to rest and open myself to receive rays of Light streaming down into me. Then I do the other side.

Standing by my husband's bed, to which he had been transferred from the gurney, I placed my hands on his chest and head, silently chanted OM, and called for the Divine to descend into us while feeling my breath breathing me and visualizing silver light particles streaming into us. This practice calmed my husband when he was agitated with pain, fear, and sorrow. It connected me to something higher than me that would help us. It gave me the energy to stay with him until 12:45 am when he finally settled, and I finally felt comfortable leaving him under the expert care of the compassionate medical staff.

To move into Warrior 2 from standing with feet slightly apart, I step my legs apart and turn my left foot to be as close to perpendicular to my right foot as my left hip allows. I release my right heel away from my left heel to release tension in my hips and to allow my weight to be distributed



## Warrior 2



evenly through both feet. I inhale, lifting my arms sideways to a comfortable height slightly below shoulder level and slightly forward. As I exhale, I sink into the present moment bending my left knee. I keep my shoulders in line with my hips, my head balanced on my spine and my back leg strong as I turn my head to look to the left, to the future. As I inhale, I straighten my left knee. As I exhale, I lower my arms. I move into and out of Warrior 2 four to six times. When I am finished doing the pose dynamically, I bring my feet beside each other and slightly apart. I let my breath recover and then go back into the pose on the same side in which I stay centered and established in the present while being connected with the past but leaving it behind and looking to the future, for four to six breaths. When I return to standing in *samasthiti*, I let my breath come to rest and feel myself rooted in current time for a few breaths. Then I do the other side.

As I navigated through visits to the hospital, talks with the medical staff on the ward to where my husband had been transferred, and caring for my husband, I stayed in the present. Warrior 2 imprinted within me not to be bound by the past because I can't change it, not to be focused on the future because I don't know what it will be, and to be in the present because that is the only moment about which I can do anything. Looking into the past depleted my energy. Anticipating the future fuelled my anxiety. Focusing on the present gave me the vitality, stability, and concentration I needed to assist my husband.

To move into Warrior 3 from standing with feet slightly apart, I step my left leg forward in line with my left hip. As I inhale, I lift my sternum away from my navel and open my arms out to the side while I transfer my weight onto my left leg by tilting forward and coming up onto the

## Warrior 3



toes of my right foot. As I exhale, I keep my chest lifted, shoulders and shoulder blades down, and tilt further forwards lifting my right leg using my hamstring muscle. I tilt as far as I can maintain balance and keep the complementary action of the lift of my sternum and the extension of my upper back with the lift and elongation of my right leg. On inhale, I lower my right foot back to the ground and on exhale lower my arms. I move into and out of Warrior 3 four to six times. When I am finished doing the pose dynamically, I step my left leg back beside my right. I let my breath recover and then I go back into this pose on the same side in which I stay, sustaining my steadiness with the support of my breath, for four to six breaths. When I return to standing with feet slightly apart in *samasthiti*, I let my breath come to rest and feel balanced and composed. Then I do the other side.

As I journeyed through the crisis stage of my husband's accident, injuries, and hospital stay, I maintained my equilibrium by doing my daily practice of asana, chanting, and meditation. As well, I balanced the time spent at the hospital caring for him with my time at home caring for myself.

In the lineage of Śrī T. K. V. Desikachar, an asana is performed dynamically, or dynamically and statically. An asana is performed dynamically by moving into and out of a pose synchronized with breath for a few repetitions. An asana is performed statically by staying in a pose for a specific number of breaths. Both these techniques require discipline.

The dynamic practice requires concentrating on moving on inhale, pausing the movement and breath, moving on exhale, pausing the movement and breath. The number of counts for the inhale, exhale and pauses varies according to the comfort level of a student's breath and the intent of a practice. One breathing ratio example is Inhale 6: Hold 2: Exhale 6: Hold 2. The staying practice involves holding the pose for a few breaths while performing a chosen breath ratio and concentrating on feeling the inhale animating the pose and the exhale stabilizing it.

The sequencing of movement with these four phases of breath helps to ensure that each pose in a progression is finished before moving onto the next one. A pause is a moment to feel the position we, as

yoga students, have moved into and to think about what position we are moving into next. A pause in the movement and breath is like a period at the end of a sentence, which signals the completion of one thought before moving onto the next. The staying in a pose augments its effects and the effects of the breath.

The practice of moving through the steps into and out of an asana and staying in an asana, while being conscious of what we are experiencing moment to moment and making micro adjustments as needed, is an analogy for moving with concentration, awareness and clarity through each step required to carry out our daily responsibilities. It is an analogy for observing what is happening during each step we take as we move towards a goal and when we have reached the goal. It is an analogy for knowing when we need to change direction if we realize we need to do so at some point along the path we are travelling.

The practice of these yoga techniques on the yoga mat cultivates the dual qualities of a stable, relaxed body, a long, fine breath, and a calm, focused mind<sup>2</sup>. In our daily lives, these qualities weaken the tendency to be distracted and to rush unconsciously from one activity to the next. Instead, they strengthen a steady, tranquil attentiveness while moving step-by-step through our tasks.

The imprinting of these techniques and qualities from years of practicing *vīrabhadraśana* I, 2 and 3 enabled me to spontaneously access them when I suddenly and unexpectedly had to become a 'warrior' for my husband. When I wavered, I practiced the warrior poses to stabilize me. As well, I practiced letting go of what I wanted by surrendering to *Īśvara*, the Supreme Force, and to accept that I am not in control of everything<sup>3</sup>. I maintained my faith (*śraddhā*)<sup>4</sup>, an unshakeable conviction in my yoga practice (it has never failed me), in the power of healing, and in something greater than me.

Willem is practicing the three *vīrabhadraśana* poses to develop his own warrior within to support his healing physically, psychologically, and spiritually. He is on the path of recovery despite the diagnosis of other maladies which are not related to the trauma he sustained from his skating fall and for which he is being treated as well.

Both Willem's and my experiences have reinforced for me the value of practicing asana not just as physical exercise, but as expressions of human existence.

### Endnotes:

[1] Gāyatrī Mantra, a significant and popular hymn, has been chanted daily since ancient Vedic times.

gāya: reveal, sing.

trī: three:

three realms: bhūr – Earth, bhuvā – midregion

(astral plane), suvah – heavens

three actions: prepare, announce what we are going to do, do it.

gāyatrī: also refers to a specific meter in which the hymn is composed.

Om bhūrbhuvassuvaḥ

tat savitur varenyam

bhargo devasya dhīmahi

dhyo yo naḥ pracodayāt

This mantra is a prayer to the sun God, the Sacred Light, to dispel the darkness of ignorance, inspire illuminating visionary thought, and provide clarity and strength.

[2] Patañjali's Yoga Sūtras II.46, II.50, II.53

[3] Patañjali's Yoga Sūtra II.1

[4] Patañjali's Yoga Sūtra I.20

Marcia Langenberg is a YAA Permanent Certified Senior Teacher. She initially studied with Teddy Hyndman, Beth McCann and Sandra Sammartino. For the past twenty years she has studied with Rosemary Jeanes Antze (Krishnamacharya Yoga Mandiram, India). Marcia teaches in Edmonton.



# Yoga Classes at Enoch Cree Nation

by Megan Kim

*Note from Executive Director, Donalee Campbell: As part of the YAA's Mission, our active outreach programs bring the physical, mental and social benefits of yoga to under-served communities. In previous years, YAA certified teachers have travelled to several northern indigenous schools. Last year, in partnership with Ever Active Schools, we provided a YAA Certified Teacher to the Enoch Cree Nation K-12 schools just west of Edmonton for five full days of classes. The following is her report.*

Over the course of five days in February 2023, I had the privilege of teaching yoga to over 200 students at Maskêkosak Kiskinomâtowikamik (Enoch Cree Nation K-12 School), with approximately 30 teachers and educational assistants in attendance as well, either participating or observing. I also had the support and feedback of an individual from Ever Active Schools, who works with the school to introduce special activities to the students (such as yoga, boxing, and cross-country skiing).

In only a week, I learned so much from the students and staff about ways in which the yoga teacher can modify yoga practices to meet their current physical, mental and emotional needs. Each class had unique needs and energy levels that required a lot of on-the-fly adaptation. After the first day of classes, we (the Ever Active Schools programmer and myself) realized that for the most part, I would need a more physically active class plan than what I had originally thought. Although some classes were responsive to gentler seated sequences and a slower pace, most others needed more activity, bigger challenges, and a faster pace. Lots of games were needed for the younger grades especially. One of the most important insights was to let the students have as much choice as possible so that they felt they had some control over how the class would unfold.

I witnessed wonderful spirit and creativity from so many children who were willing to create new animal poses, try new things, and collectively adapt my guidance to their needs. I witnessed unexpected moments of deep quiet and presence. While some students were not interested in learning yoga at that time, many were willing to give it a try. I made sure to acknowledge more than once the presence of those who did not want to participate, and to let them know that just their presence there mattered. There were also at least a few students in most of the classes who were truly present and attuned to the yoga practices, and who seemed interested in learning more.

For future opportunities like this, I would keep that principle of choice and agency. I would be more definite in setting behavioural boundaries and expectations upfront to create a safe space for learning and exploration. I would also communicate more about what activities were coming up next in the class, and when it would end — essentially creating a verbal map along the way. For example, for a group of high school students, I explained that I had four different sequences for them to explore, each starting from a different base (lying down, standing, hands and knees and seated). I let them choose which base to start from, which to explore next, and so on.

One of the most powerful things I noticed was that the classes always seemed to unfold in the best way



possible when the students had a strong connection with their schoolteachers, and had the teachers there with them, showing interest in learning yoga for themselves, as well as learning how to model it for their students. I suggest it would also be helpful for the yoga teacher to share yoga with the schoolteachers before working with the students. If the schoolteachers have positive experiences with yoga, this could help them know how best to support the yoga teacher when he or she is teaching their students. Most importantly, the schoolteachers may gain insights into how regulating their own nervous systems through yoga could have a far greater impact on their students than that of a guest yoga teacher.

*Megan Kim has been practising yoga since 1998, and teaching for nearly as long. She is grateful for her many teachers and their influence towards more presence and loving kindness, including Beth McCann and Marcia Langenberg, both YAA Senior Teachers. Contact information at <https://yoga.ca/find-a-teacher/>.*

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# Gentle Yoga Can Take Mom Through Labour, Delivery and Beyond

by Michelle Anderson

I recently saw a DVD for sale that was labelled as a prenatal workout. Key words in the title were “fit and sleek” and “complete pregnancy training”. This gave me cause to wonder about the wisdom of this approach—this is not the time to “get into shape” or try to emulate some celebrity mother. More than ever, it is a time for women to honour and work with the changes in their bodies that support their growing babies. How can yoga help you through pregnancy? It’s a deep subject and I can only touch on the major points. For greater detail, I recommend the book *Yoga for Pregnancy* by Judith Lasater (see reference below). If you are new to yoga or want advice about your existing practice, I also recommend seeking out a yoga teacher who specializes in prenatal yoga.

Hormonal changes greatly influence the flexibility of ligaments and muscles throughout pregnancy. Ligaments are designed to support bones, joints and organs, and the production of a hormone called relaxin during pregnancy can easily lead to over-stretching them. As tempting as a deep yoga practice might be, the increased flexibility that expectant mothers gain can lead to structural instability. The normal cautions to stay within your comfortable capacity and to watch alignment are important to keep in mind. This is especially true for beginners; it’s a good idea to seek guidance from a qualified teacher and not to learn the basics from a DVD or an on-line video.

In the first trimester, expectant moms are often tired, so slow, gentle and supported yoga practice is most appropriate. Most poses including backbends and twists can still be performed if you’re familiar with them and understand your limits. Prone positions (poses on the belly) are not recommended during this period, nor are poses that forcefully work with the abdomen or spine, like the boat



pose or any core work like sit-ups and leg lifts. It is important to keep the abdominal area quite passive and relaxed during this trimester. Very gentle backbends and twists are ok; deep moves in these poses can intensify abdominal muscle separation and make it challenging to recover these muscles postnatally. The same general cautions extend through the second and third trimesters as well.

In the second trimester, if energy levels permit, a gentle hatha yoga practice with an emphasis on low back stretches and hip and shoulder openers could be helpful. Avoid deep forward folds that can put pressure on the xiphoid process at the base of the breastbone and that could cause upper abdominal discomfort.

In the third trimester a gentle hatha practice is optimal; concentrate on hip stretches and seated postures. Exercises to help prepare for labour and delivery (such as bound-angle pose) could be introduced as well as pranayama (such as alternate nostril breathing) and meditation practices for stress relief. These routines can all help prepare for the great physical, mental and emotional challenges during labour and delivery. Abdominal muscle separation becomes more of a potential issue in this trimester, so backbends and twists if they are done at all should be limited to subtle, gentle movements.

Because a woman’s centre of gravity is shifted forward during pregnancy, her body adapts through postural changes that can produce diverse body-wide symptoms such as: pain in the low back and pelvic region; an altered sense of balance; carpal tunnel syndrome; swelling; varicose veins; headaches; muscle cramping; light-headedness; upper back stiffness and weakness; fallen arches; abdominal muscle weakness; and pelvic floor weakening. Yoga can be a valuable tool to address postural issues and counter these

symptoms for pre and postnatal women. Poses that are helpful for these symptoms include: cat/cow stretch; calf stretch at the wall; staff pose; and, supported supine/restorative poses. Poses that can be attempted with caution include: standing poses with forward folds and twists (standing poses may also have a shorter stance or slight bend in the knee); and seated forward folds (if practicing seated forward folds, legs should be wider to allow space for the belly and don’t extend too far forward). Twists should be practised in the upper back only. Deep back bends are not recommended during pregnancy. If balance is an issue during standing poses, a wall or chair could be used for support, or standing poses could be replaced by poses that use supports such as bolsters.

Pelvic organ prolapse, where the uterus, bladder and/or rectum begin to descend, fall and potentially protrude externally, is present in up to 70 per cent of women by the age of 70 (source: Clare Newman, Mamata Yoga studio: Connecting Mother and Child, Prenatal Yoga Teacher Training Manual). Pregnancy is a common cause of pelvic floor dysfunction (PFD). Women often experience PFD after they give birth. Pelvic floor

muscles and tissues can become strained during pregnancy, especially if labor is long or difficult. Exercises to strengthen the pelvic floor such as the root lock (*moola bandha*, also known as Kegel exercises) can promote pelvic health. PFD typically requires downtraining before strengthening. Downtraining comprises a series of techniques aimed at helping your pelvic floor muscles to relax and release and can include: visualization, body scanning and mindfulness; heat pack application; warm baths; diaphragmatic or “belly” breathing; posture exercises; stretching; vaginal dilators; and massage. If self-help techniques and massage aren’t successful to help PFD, pelvic floor physiotherapy may be needed.

Suggested reading: Judith Lasater. 2004. *Yoga for Pregnancy*. Rodmell Press.

Michelle Anderson teaches yoga in Sherwood Park, AB. She is a 200 hr. EYT, RAD Yoga Mobility and Recovery Specialist, 85 hr Pre/Post Natal Teacher. Check her website: [www.michelleyoga.net](http://www.michelleyoga.net) and find Michelle on Facebook and Instagram.

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## ARTICLE

# Ending All Your Worries

by Mike George

It's difficult not to worry when you are surrounded by people who always seem to err on the side of pessimism. It's hard not to worry when the media so often seems to delight in speculative futures that are not bright. It's almost impossible not to worry after years of "worry training" by parents whose conversations were filled with their...worries!

But it's good to worry, isn't it? What would life be like without a good worry? Worry is one of those habits that are usually learned at an early age from parents who learned from their parents. This is why "worry lines" are seen, read and heard. Someone with a well creased forehead can usually be heard repeating their worry mantras, "I was worried sick...THEY are such a worry... we need to worry about this!" The opinionated journalist will often attempt to keep the readers' attention with a worry or three! Some of the healthiest people, sometimes known as the "worried well", will spend time vigilantly watching for slightest pain so that they may confirm their worries about their future health. The "happy worriers" on the other hand just can't imagine life without a good worry and they are always pleased to find someone who share their worries so they can have a good "worry conversation". And then there are the "caring worriers" who are under the illusion that worrying about someone is the way to demonstrate that you care!

Seldom do we sit and reflect on the futility of imagining a dark future and then using the images to frighten ourselves. For that is what worry is, pure fantasy of a pending catastrophe. While we now waste huge amounts of energy as it escapes into our fast-heating environment, worry is probably the greatest waste of our mental energy that we release into the atmosphere of our consciousness. It seems very few of us realize that whenever we worry about anything it's as if we are inviting Hollywood into our heads and we create, direct and star in

a story about the worst that could happen. In so doing we make it more likely to happen.

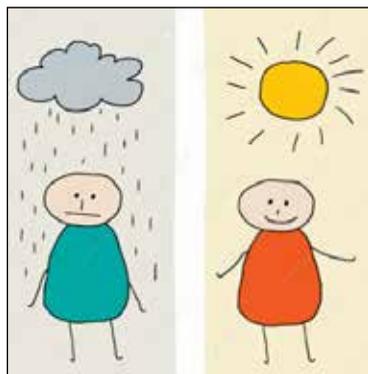
Not only do many of us worry our way through life but the tension and anxiety that emanates from the centre of all our worries becomes addictive. Instead of giving thanks for our blessings each day, it's as if some people give thanks for their daily worries! When it's suggested that it may not be a positive use of time and energy, the worry addict will say, "But it's good to worry. It's necessary to worry, so that we can prepare for the worst". They can't quite see how their belief that worry is a good preparation for the worst is blinding them to the truth, that all worry is simply mis-creation. It is to misuse the creative capacity of our consciousness. Some even base their personal identity on a worry profile. "Yes, I am a worrier, I have always been a worrier, I guess I must have inherited it from my parents, it's probably in my genes"! Not true. Worry is just another learned mental habit. It can be unlearned.

Perhaps one of the most popular emotional confusions is that worry equals care. But worry can never be care. Worry is fear and care is love, and they are polar opposites. When we mistakenly learn that worry equals care, and that it's therefore good to worry, we spend the rest of our life worrying, and when we have nothing to worry about, we get worried. And if we don't express our worries to others, we worry that they might think that we don't care!

Not only is worry a form of fanaticized catastrophizing but it means we are using memories of yesterday's disasters to create and project our imagined fears into the future. As we do, we sometimes attempt to justify our worry by calling it "a concern". But worry is not concern. Being concerned about how things may unfold between here and the future is often essential to anticipate the possibility of things not going according to plan. But the anticipation of possibility is not worry. Worry is the habit that

paralyzes our capacity to see into and anticipate the future with any clarity. It blurs and weakens our ability to envision a positive and beneficial future. And it constricts our ability to be genuinely concerned about others in the here and now. The incessant worrier lives in a dark tomorrow, an imagined future that promises to be an unhappy place and as they do they miss their life today. Worry is a form of absence.

So how can we break this insidious mental habit? Here are some ways to bring about a well-earned rest from your worries:



## Seven Ways to Stop Worrying and Be Happier

### 1. Challenge the story

If you worry hard enough then what you fear is likely to come about. But probably less than 5% of our worries actually come true because it's essentially "weak thinking". Whenever you notice your worry habit generating worry thoughts repeat this little phrase to yourself to break the mental pattern and refocus – "this story may never happen".

### 2. Transforming the darkness of worry into the light of opportunity

Let's say you worry that you are going to lose your job. Let's say all the evidence points towards your future being freed up! Take a moment to visualise what you would do next. What would be the next step, the step beyond the job you do now? See yourself taking that step with ease while enjoying and learning from the transition to a new chapter in your life.

### 3. Have a bonfire

When we exercise, we burn fat and our body becomes lighter. Similarly, if you take time to

exercise positive thinking it will burn up our worries and you will feel lighter. Start by writing down all your worries on a blank sheet and then have a "sacrificial fire ceremony" as you send your your worries up in smoke.

### 4. Stop paying interest on a debt that you have not yet incurred

Watch how your worrying is draining you. The thoughts are sucking away your life energy. It's like a debt collector calling to collect on a debt that you do not have. Stop paying off a non-existent debt.

### 5. Practice authentic care

Remind yourself that worry is not care and then ask yourself what would real care look like. To worry is to generate fear. Worry is fear, it cannot be care, because fear is not love, and true care is love in action. With this understanding in mind visualise what real care would look like. Instead of sending fearful negative thoughts to the object of your worry, send empowering and loving thoughts.

### 6. Substitute the catastrophic with the anastrophic

Worry is a fantasy of a catastrophe. It is an addiction to catastrophizing. So practice the positive opposite, which is anastrophizing! Sing to yourself every day the line from that the optimist's song, "I always look on the bright side of life". And if you don't know the melody... create one!

### 7. Be honest with yourself and admit that worry is a selfish emotion

And then do something truly selfless in the context of what or who you are worrying about.

**Questions:** What are the three things that you worry about most? Which of the above seven ways might help you to break each of your three worry habits?

**Reflection:** Worry is a way of escaping into the future in order to avoid the present moment. What do you think you might be avoiding? Sit quietly and reflect and see what your intuition says to you.

**Action:** Make a mental note to not join in any "worry conversations" this week at work or at home.

*Mike George is a management tutor, spiritual coach and author of over 11 books on self awareness, emotional/spiritual intelligence and continuous 'unlearning'. Sign up for complimentary, insightful messages at: mike@relax7.com. (Reprinted with permission).*



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## Bridging Traditions: First Nations Meets Yoga

(reprinted with permission from the Yasodhara Ashram)

by Chuck McNab

I have been thinking about the question of who am I? When I first came to the Ashram, I was looking for something better. I didn't know anything about yoga. I began to relearn a lot of things and this has helped me find out who I am.

Being from First Nations background, I know that my family has a rich spiritual background. I lost touch with this when I was growing up.

In our native culture a lot of things aren't written down, so the yoga teachings have been a way for me to understand more what my spiritual beliefs and understandings are. I find they're all interconnected somehow and being able to put words to these—what would you call them? cosmic questions?—are helping me understand who I am.

I find this is what Swami Radha's and Swami Sivananda's teachings really do—they help me put words to emotions and feelings, and wonderings that I knew were there, but just couldn't put words to.

I have been living at the Ashram for nine years and during this time I have been reconnecting with ideas and beliefs that have been with me all along. Being here has helped me understand what they are and bring them forward in myself and in my life. The ones that were already there have been enriched. There are core teachings in my beliefs like love, gratitude and respect. A lot of these are in the teachings that Swami Radha talks about in the Kundalini System.

### Bridges

My sister is also on a spiritual path and it was actually through her that I first heard about yoga. When she received her spiritual name Shakti, I didn't know what it meant. Later on I found out it was the feminine spiritual power within. It totally goes with her.

This connects for me with what I think is the biggest thing in being here—the respect for women. In our native culture we have a deep respect for our women as well. They are the life givers and they are respected and protected. I find that this connection

has been a really nice way for me to give back and to reconnect with that aspect of my own spiritual beliefs.

Another connection is the Divine Light Invocation and a practice we do at satsang called Aarti. I find that doing Aarti is very similar to a smudge ceremony—being able to cleanse myself, offering prayers to my higher self and to a higher being—a creator.

My partner and her mom were my connection to the Ashram. They talked about Swami Radha and the teachings when I was around, but I didn't really understand. They talked about the Divine Light Invocation and the Light but I didn't know what this was either.

I was living somewhere which wasn't a good environment for me so when my partner passed into the Light and her mother asked if I wanted to come to the Ashram, I said, "Oh, yeah, sure, I'll check it out." We came for a ceremony that we offered for my partner.

### Walking My Path

Coming from where I was and where I wanted to go—the Ashram offered a different path than what I was used to. I had been yearning to find a different path than the one that I was walking. I was going in the right direction but it was at a slow pace and I found that I had to do something that would be taking a bigger step instead of little tiny steps. Being here has been that bigger step.

I would like to reach out to people who are struggling with addiction and are looking for a new way—wanting to explore a better way, instead of finding a replacement for the addiction. I have found that the different types of yoga really help to explore and deconstruct the beliefs that go along with and are attached to addiction. I know that a



lot of people would be willing to explore a different avenue. There's a lot of negativity with addiction and people think, "Oh everybody's bad," but you don't really know the person, so you can't really judge.

I was already making steps before I came to the Ashram to find a different path than what I grew up with. My first time at the Ashram was mostly to show respect and compassion for my lost loved one because she really wanted to come here, but she couldn't. So I came to the Ashram to be here for her.

The next year was to be here for myself, and then the next few years it was for the community. Then it turned into being here for my mother-in-law because she can't come here as much as she really wants to anymore. It is amazing how close we became after my partner passed away. The connection was built because of the changes I made for myself, by just being here—and for being who I am without the clouded judgment of my past. So I'm able to carry on their presence.

When I first came to the Ashram I thought, "Oh, I don't know anything about yoga." The more I learned, the more I realized I had been doing yoga for a long, long time—like forever. It reminded me of things that I already knew. It has helped me recognize the things within myself that help support me to actually better myself. It has helped me let go of things that were attached to addiction.

One example is pranayama and controlling my breath. I remember calming myself down and taking some nice, deep breaths. Then I learned that pranayama is a yoga teaching that helps control the mind and helps with concentration and meditation.

Another example is the Kundalini System. The first three chakras have helped me look at

my core beliefs and how I use my imagination. Following these steps, and seeing the cycles from the perspective of the fourth and fifth chakras has helped me rebuild my core beliefs and use my imagination in a better way—and direct it where I want to go.

### Following My Inner Knowing

Today I have a better understanding of who I am and who I want to be. The teachings have really taught me to be aware and allowed me to have gratitude for my efforts and my experiences. My past experiences teach me and help me understand where I want to go. They have taught me exactly what not to do—to not repeat the same thing over and over.

Here at the Ashram, I have built ideals and have been able to achieve certain goals—things that were eating away at the back of my head—like going to school and being able to graduate.

I remember back in the 1990s when I was 18, I was two credits short of being able to graduate. I didn't want to go to summer school because I was too busy being a young kid and wanting to party. Not going to summer school and not graduating stuck with me for all those years until I came to the Ashram. That's when I had the idea, "Hey, maybe I'll go back to school." Just knowing it's not too late to change things that happened in my past helped me realize I could change where I wanted to go in the future.

Going back to school and being able to walk across the stage with my little cap and throw it up in the air and get my diploma—I didn't really need it. It was more my inner self that needed it. It was an achievement that I achieved on my own and it



was a different alternative to hanging onto things that were wasting energy.

### Bridges On My Path

Before coming to the Ashram I used to volunteer in the community I lived in and once I was here I found that Karma Yoga is kind of like volunteering, but in a different way. I didn't realize I was doing Karma Yoga before I came. It's been another connection I've made with the yoga practices.

Being able to help the Ashram community has led to going out in the local community as a volunteer. Through the support of an Ashram resident who was a first responder at the local fire department, I was encouraged to sign up as a volunteer firefighter. I took another step and became a first responder and then trained for medical emergencies. This has been amazing for me because I really enjoy helping people. Being out in the community, meeting people and helping them really brings a lot of inner joy.

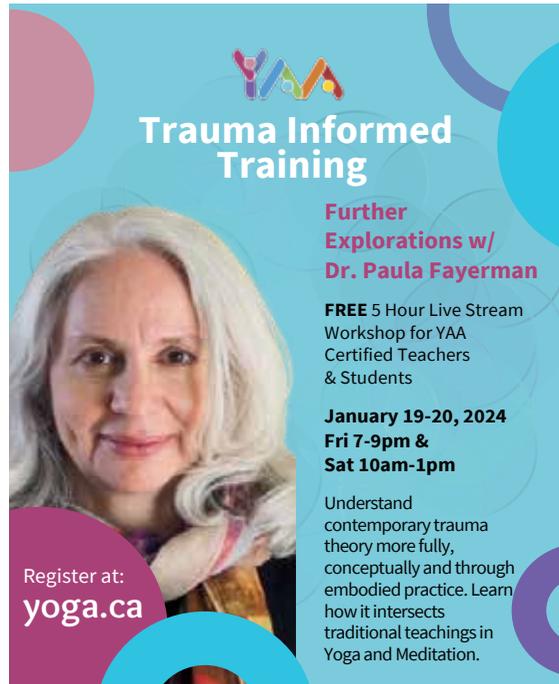
Karma Yoga, the yoga of selfless service, is just being able to offer without expecting anything in return. I realized this was what I was doing before I came to the Ashram. Selfless service is helping where help is needed.

### Sacred Teachings Within

What I would like to communicate is that there is a path there and the Light is always shining in all of us. The practices and the teachings are deeply ingrained in a lot of people and they don't realize it. From my own experience I know that we don't really know what's in us already until we try. I found there are many beliefs I've carried within that just needed my inner knowing to shine Light on, so I could see more clearly. Being where I am today and giving myself the gift of the practices—new and old—has been the best thing I've done for my path so far.

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*Chuck McNab is Cree First Nations from George Gordon's First Nation Ka-něwo-kaskwatěw in Saskatchewan. He moved to Yasodhara Ashram nine years ago. In addition to being an inspiring example of Karma Yoga (selfless service), Chuck is a Yasodhara Ashram teacher of Hidden Language Hatha Yoga, Kundalini Yoga and Dream Yoga. He serves in the local community as a volunteer firefighter and first responder.*



**Trauma Informed Training**

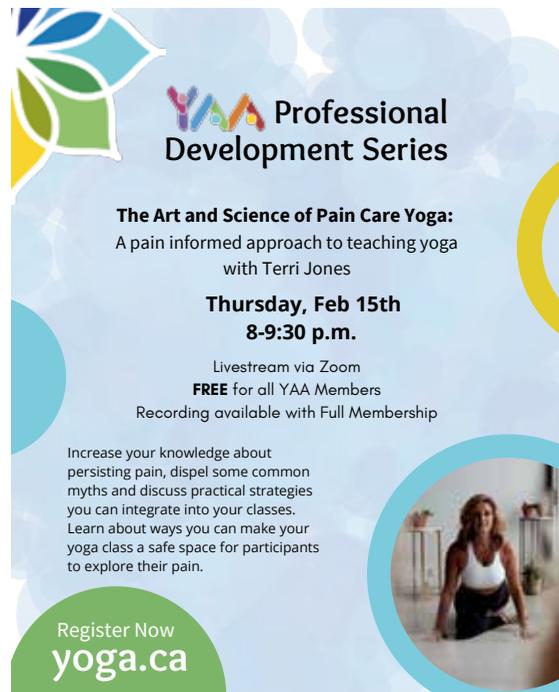
**Further Explorations w/ Dr. Paula Fayerman**

**FREE** 5 Hour Live Stream Workshop for YAA Certified Teachers & Students

**January 19-20, 2024**  
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Understand contemporary trauma theory more fully, conceptually and through embodied practice. Learn how it intersects traditional teachings in Yoga and Meditation.

Register at: [yoga.ca](http://yoga.ca)



**Professional Development Series**

**The Art and Science of Pain Care Yoga:**  
 A pain informed approach to teaching yoga with Terri Jones

**Thursday, Feb 15th**  
**8-9:30 p.m.**

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

Increase your knowledge about persisting pain, dispel some common myths and discuss practical strategies you can integrate into your classes. Learn about ways you can make your yoga class a safe space for participants to explore their pain.

Register Now [yoga.ca](http://yoga.ca)

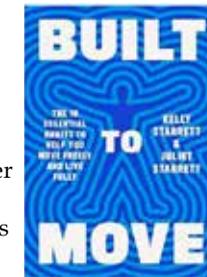
## BOOK REVIEW

### ***Built To Move* by Kelly and Juliet Starrett**

review by Sara Eisenzimmer

One of my assignments as a student in the Yoga Association of Alberta's Teacher Training Program (TTP) was to complete two book reports. My second book report was a review of *Built to Move: The 10 Essential Habits to Help You Move Freely and Live Fully* by Kelly Starrett and Juliet Starrett (pub. Alfred A. Knopf, 2023). This is the latest book written by Kelly and Juliet, who have published several best-selling books on movement, fitness and health. I have a long history of working as a fitness instructor and movement coach and see value in fusing what I learned in the TTP to what I am most familiar with. This book provides a bridge to both worlds.

*Built to Move* is an easy read written in language that can be understood by laymen and experts alike with each chapter focusing on a "Vital Sign" (also known by the term health marker). The couple covers 10 Vital Signs including Explanations, Assessments, and Physical Practices for each, ending the book with a 21-Day Built to Move Challenge. The Vital Signs address functionality in our lives, meaning the degree to which we are capable of doing everything we want and need to do. As such, they aren't limited to movement; some also include many activities we do every day like eating, movements requiring balance like walking, movements requiring strength like opening a bottle, breathing and sleep. As yoga teachers and practitioners we have a wonderful opportunity not only to introduce our students to spiritual and mind expanding practices but also to introduce science-backed physical practices that nourish the body. The authors focus on movement and awareness of daily activities, and as yoga teachers we practice and teach the same things. I found their approach to be useful, practical and engaging.



The 10 Vital Signs chapters cover the following, in no particular order of importance: Getting Up and Down Off the Floor, Breathe Easy, Extend Your Hips, Walk this Way, Future Proof Your Neck and Shoulders, Eat Like You're Going to Live Forever, Squat!, Find Your Balance, Create a Movement Rich Environment, and Unleash Your Superpower: Sleep. In every chapter, there is an assessment and a physical practice which state their case in relatable language while also referencing the latest data and research that you can see for yourself at

the back of their book and peruse the 12 pages of sources. The guided assessments are illustrated, user friendly, and realistic with easy to follow sections including Preparation, The Test, What Your Results Mean (including test/retest guides), and what you can do about it with the Physical Practice section. The last chapters sum up with a 21 Day Built to Move Challenge and Never Do Nothing: The Case for Exercise.

*Built to Move* challenges the reader to think about daily habits and increasing opportunities for movement. Throughout the book yoga practices are referenced, but you certainly don't have to be a yogi or a cross fitter to benefit from any of these. I feel that incorporating these practices in my personal practice and my work as a yoga teacher and fitness coach will benefit me and my students.

I found the discussion of range of motion, stretching and mobilization in the introductory section of the book to be insightful. Of note, the book describes all three and explains how they differ and also work together to create movement in the body. For example, stretching is "typically biased toward one system in the body—the muscles—and works through passive tension. Mobilization goes further and targets multiple aspects of the body above and beyond the muscles, including the connective tissue,

joints, and the nervous system. Stretching, therefore, only partially does the job of improving mobility; mobilizations take you much further." Furthermore, stretching alone does not increase range of motion, rather it is a partnership between the fascia, joints, nervous system and breath. Not that stretching is "bad" but rather if the goal is to improve the movement systems "mobilizations, not stretching are your tickets to success".

I chose to read the book front to back and to do a few of the assessments and practices along the way. You could also skip to a chapter that interests you and explore from there. Either way, the book isn't really about exercise. As the authors state, "the idea is just to move your body because...your body is built to move!" and I agree!

*Sara Eisenzimmer is a YAA TTP student, certified 100 hour Activated Asana, fitness professional with 20 years experience. Connect with Sara at <https://crosstrainingwithsara.ca/> or by email [ctwithsara@gmail.com](mailto:ctwithsara@gmail.com).*

**Teacher Showcase Series**

- Dec 4 & 18** (Mondays 12-1pm\*)  
**Tracy Koluk**
- Jan 4 & 18** (Thursdays 8-9pm)  
**Sandy Ayre**
- Feb 7 & 21** (Wednesdays 8-9pm)  
**Lisa Workman**
- Mar 6 & 20** (Wednesdays 8-9pm)  
**Barbara Eastham**

FREE Livestream Zoom classes for all YAA Members  
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[www.soyayoga.com](http://www.soyayoga.com) [hello@soyayoga.com](mailto:hello@soyayoga.com) 403-710-4294

**You are invited to SOYA's Annual YOGA RETREAT**  
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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.

MEMBER MUSINGS

# A Rose, a Thorn and a Bud

by Krista Power

S ometime in 2020, I clipped an article out of a magazine describing a practice called a rose, a thorn and a bud. I put the article aside with the intention of sharing it with my students at some point, and promptly forgot about it.

About a year later, my daughter and I found a cabinet in an antique store with a design as pictured here, and I felt oddly drawn to it. The cabinet now resides in my home Yoga studio (I use the term "studio" loosely; it's more of a Yoga corner, really).

While sorting through some papers, I came across the article I had stashed away and realized that the cabinet I had purchased perfectly depicted a rose, a thorn and a bud.

So what is a rose, a thorn and a bud all about? In short, it is the opportunity to reflect on the past year and look forward to the coming year.

The rose depicts something from the past year that you are grateful for. You may have many things you are grateful for, but choose just one. Look back on 2023 and find something - a person, a thing, an event, a success story, an opportunity or whatever you choose - that makes you happy, something you are thankful for. Sit with that memory for a bit and take some time to truly appreciate it.

The thorn represents a challenge or obstacle you faced. Once again, you may have faced several challenges, and indeed, the picture shows several thorns, but choose one. Look back on 2023, choose an obstacle or challenge that you faced and take note of how you faced this challenge or overcame the obstacle. Be proud of your strength and your

ability to push forward. Every challenge is an opportunity to learn and to grow.

The bud is indicative of a new beginning, a new opportunity, a fresh start, something good yet to come. Look forward to 2024 and see what is awaiting you. What is one thing (only one) that you would like to accomplish, that you would like to see happen for you or that you are looking forward to in the New Year? Set some goals, make a plan, even make a wish and see your hopes and dreams for the future unfolding in front of you, like an opening bud. Remember that there will be thorns and that things won't always work out the way we want them to, but when one bud closes, another one opens.

I believe I was meant to find this cabinet, to bring it home and to give it a place in my Yoga corner. Now it is a constant reminder for me to be grateful for the little things, to learn from my challenges as I face them head on and to look to the future with hopeful optimism, knowing that there will always be a new bud opening for me.

I hope you find this exercise to be beneficial. It is a great way to reflect on the past year and to look forward to the New Year, but it can be done anytime. We can always look for something to be grateful for, we can be proud of our ability to overcome obstacles and we can be open to new opportunities that unfold before us.

(Reprinted with slight edits from kpoweryoga Newsletter, Volume 46, January 1, 2022)



*Krista Power is a certified Intermediate Yoga teacher and Administrative Assistant for the Yoga Association of Alberta. Her website ([www.kpoweryoga.com](http://www.kpoweryoga.com)) provides further details on her qualifications and classes. She can be reached at [kpoweryoga@shaw.ca](mailto:kpoweryoga@shaw.ca).*

# Light, Laughter and Love

## A Tribute to Ann Waschuk

by Paula Carnegie Fehr

Ann Waschuk has been a yogini most of her life. In elementary school, she gathered her friends together to teach them about hypnosis and the subconscious. As a young teen, she dabbled in the “wild side” of life for a while, but the Universe had other plans for her. She was introduced to the mantra, Om Mani Padme Hum, and briefly contemplated a life of meditating in a cave. She and her mother practiced yoga in the 1970’s by watching Kareen Zebroff’s yoga show on CTV. Acting and dance were an important part of her life at that time. Her University studies included modern dance with a teacher who believed in the importance of treating the body well and knew how to integrate yoga with dance. Her young adult life also included several years of Shamanic studies with Lynn V. Andrews.

University life was closely followed by a deep immersion in family life. She has from the very beginning been a devoted and fiercely protective mother, guiding her children according to her spiritual values and creative spirit while supporting her husband as a true companion and helpmate.

In 1994, Ann was pressed into the teacher training program by her Senior Teacher, Grace Little. Grace had a knack for finding students to add to the ever-growing list of Hatha Yoga teachers in the Central Alberta area, and Ann was a wonderful addition to the group. Like so many of Grace’s students, Ann would agree that Grace tossed her into the deep end to begin teaching classes. In the fall of 1994, she was handed a Yoga Association of Alberta teacher training program application form and was then escorted to the City of Red Deer to introduce her to the staff. Before she knew it, Ann was teaching the class and Grace had bowed out believing she had a worthy replacement. Grace did leave Ann with a stack of lesson plans based on Richard Hittleman’s teaching, but what she didn’t know was that Ann was about to bring yoga

philosophy into a church centered region. Grace was forever amazed that Ann had the courage to share these teachings, including chakras, yamas and niyamas, the koshas, and more. For Ann, it was never even a question. It’s a testament to her sensitivity and skill as a communicator that her teachings were quickly accepted by the community she taught.



Ann worked through her initial misgivings about teaching yoga and dove enthusiastically into both learning and teaching. A small room above Sterling Cleaners in Red Deer was the venue for some sessions in the early days of Ann’s teaching. In time, she had the opportunity to teach in a more spacious and better equipped place, “More Yoga” studio, the first business of its kind in Red Deer. It was a wonderful place to teach but it struggled to stay open.

In 2002, when the studio doors were about to close, Ann and several other teachers and students decided this would be bad for the yoga community. Ann was one of the founding board members of the not-for-profit Yoga Alliance of Red Deer (YARD Society)—affectionately called the Yoga YARD—that took over the studio. YARD offered a wide variety of options for students wanting to learn yoga. Here, her other skills as a pragmatic organizer and businessperson came to the forefront. She worked tirelessly behind the scenes to help keep the studio relevant and the doors open. Ann was not only a key person in running the studio; she was also a mentor and guide for many of the teachers who graced the studio with their own gifts.

Her creativity and her passion for a strong practice continued to grow with the passing years. She was tough and the practices she taught were strenuous. From the late 1990’s to the mid 2000’s

Red Deer College hosted an annual summer yoga intensive. During one of the intensives, Ann was asked to teach a class of chakra yoga. She had the college set up lighting to be able to change the colours as we moved into Surya Namaskar for each chakra. At one point she guided the technicians to create a pure white light for the Sahasrara Chakra – a very difficult ask. Ultimately, she had a plan and it all worked out very well. Even with an inordinate number of Sun Salutations performed in that practice, no one seemed to suffer any adverse effects. The whole experience was fun and enlightening.

A highlight of Ann’s yoga path was the years she offered Teacher Training workshops with me in Red Deer. She loved to delve into the gems of wisdom in all her yoga books in preparation for the classes. We bounced ideas back and forth and were both amazed at the gifts those classes and the students offered on so many levels.

Ann continued to broaden and deepen her knowledge of yoga through the years, studying and integrating the techniques and philosophies of the Iyengar, Himalayan, and Desikachar traditions into her personal practice and teaching. Her training offered her the opportunities to study with some fantastic teachers—people like Maya Margo Balog, Rosemary Jeannes Antze, Rodney Yee, Namadeva (Thomas Ashley Farrand), and Vamadeva (Dr. David Frawley). She regards many books as her teachers also; some of her favorites are Heart of Yoga by TKV Desikachar, Yamas and Niyamas by Alice Christensen and Yoga: The Spirit and Practice of Moving Into Stillness by Erich Schiffman. Ann is currently immersed in studies with Dr. Ananda Balayogi Bhavanani of the Gitananda tradition. She is filled with a sense of wonder that Dr. Ananda’s knowledge of yoga is so much deeper than what she has already seen and experienced.

Ann’s essential nature is fun and light. Most of her students and colleagues use these words to describe her. Her infectious energy opens people to a light-hearted practice. She doesn’t take herself too seriously; she wears tie-dyed t-shirts, laughs easily and encourages her students to adopt the same curious and playful approach to their practice as she has. She skillfully demonstrates poses, calling upon the deep and broad experiences she has accumulated over decades to safely guide her

students to experiences beyond their expectations. Her classes typically end with a full 30-minute guided deep relaxation, where she uses imagery to lead her students into a blissful meditative journey that they enjoy as much as the physical asana practices.

Covid closed the doors of Yoga YARD and her husband retired around that time; now Ann spends her days travelling in semi-retirement. She hasn’t closed the doors on teaching yoga, yet she has taught only an occasional class in the last couple of years. She still believes that the students who need what she has to share will show up in her life and she has always said “If the teachings do not resonate, give up on me, not yoga”. Her true mission in life is to serve with love, and she has always taught from integrity and truth as she understands it. She also continues to be guided in her continuing education through the study of philosophy and metaphysics.

Many of the teachers Ann worked with and the students who came back year after year had high praise for her qualities as a teacher and a person. She has a strong ethical and moral imperative. Many have looked up to Ann for her kindness, inclusivity, generosity, enthusiasm and selflessness. She also made herself available for anyone who needed to be heard and to be comforted. She was very approachable which helped so many people feel welcome and nourished. And one can always count on Ann to give a wonderful hug when needed.

I hope Ann will find ways to continue sharing yoga from time to time. She misses teaching and the people involved. It has been a privilege to be a part of her story and also to share with you, the readers, a little more about a passionate yoga teacher and her gifts to the world.

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*Paula Carnegie Fehr is a Senior teacher with the YAA and other certifying bodies. She teaches yoga in Red Deer on Zoom and in person. She is a registered Massage Therapist and offers teachings on many subjects including Yoga Anatomy, Ayurveda, Astrology, and Wellness. Her website is [www.hiddenmessages.ca](http://www.hiddenmessages.ca) and she is listed in the current YAA teacher list (<https://yoga.ca/find-a-teacher/>).*

# Liability Insurance w/ Toole Peet: FAQ

by Lindsay Fulcher, Toole Peet

### • *What does this insurance cover?*

This program offers a Commercial General Liability policy with either a \$2M or \$5M limit option. It will respond to allegations that a third party has been injured or their property has been damaged because of your actions. Even if you are not at fault, this policy will provide coverage for defence costs required to respond to the allegations.

### • *Will it cover me if I work at multiple different studios?*

Yes! This policy will cover you Canada wide.

### • *The studio I teach at has insurance. Will their policy cover me?*

Generally most policies will extend to cover employees, but NOT independent contractors. If you work as an independent contractor at a studio their policy most likely will not cover you so it's important to confirm with them and purchase your own policy to protect yourself.

### • *What qualifications do I need in order to purchase a policy?*

To qualify for this insurance program you must either be a YAA Certified Teacher, or be approved for admission into the YAA Upgrading Track (which has no application fee). Full (or Lifetime) YAA Membership must remain in good standing and in force throughout the entirety of the policy. You must also be a Canadian resident and 18 years of age or older. Further information can be found at:

Teacher Insurance link: [Insurance](#)

Membership link: [Membership](#)

YAA Equivalency Upgrading link: [Equivalency](#)

### • *Does it cover online classes as well?*

Yes. Over the last few years there have been some big changes to the way people do business and engage in physical activity and more people are looking for online options. This policy will include coverage for online classes subject to certain parameters.

1. All participants must be registered for the class.
2. The class must be taught through a controlled, multi-screen video tool such as Zoom or Skype

and should limit the number of participants that are able to viewed on a screen.

3. No publicly accessible broadcast tools such as Facebook live or YouTube are acceptable.
4. Pre-recorded sessions are only available to registered students.
5. All injuries must be documented.

### • *What about YouTube classes?*

Currently this policy will not cover practices posted to YouTube. If you need broader coverage for online classes please contact Toole Peet to look at other options.

### • *What modalities does it cover?*

This policy extends to cover hatha yoga, reflexology, reiki, restorative yoga, SUP yoga, meditation, hot yoga, Bikram, moksha, chanting and aerial yoga. If you teach other modalities or provide other services such as yoga therapy, please contact Toole Peet.

Please note that coverage for pregnant women participating in hot yoga or Bikram is excluded.

### • *If I have a home studio will my homeowners policy cover me?*

Your personal policy will not respond to any business related claims so if you have a home studio it is important to ensure you have a Commercial General Liability policy in place to cover your operations. Contact Toole Peet for a quote.

Teaching insurance can be purchased at [yoga.ca/teachers/insurance](http://yoga.ca/teachers/insurance). It's quick, easy and can often be done within one business day. For any questions about the policy please contact Lindsay Fulcher at [lfulcher@toolepeet.com](mailto:lfulcher@toolepeet.com) or 403-209-5461.

## PHOTO SUBMISSIONS

Please continue sending your beautiful pictures of YOU. If you fancy being on the cover, or even included in some articles or advertisements, please DO send your photos to: [admin@yoga.ca](mailto:admin@yoga.ca) or [yaa@yoga.ca](mailto:yaa@yoga.ca)



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

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

### COE based Guidelines for YAA Certified Teachers:

Teachers receive a copy of the Code of Ethics and Guidelines with their YAA certification.

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

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

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

### COE based Guidelines for YAA Members:

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

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

### GOALS AND ROLE OF THE ASSOCIATION

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

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



# 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.**

## 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 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. 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.

## 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 with YAA Senior Teachers. Detailed information [online](#) and ad p. 20-21.**

**O YAA**  
**Five 3-hr Video modules of Anatomy and Physiology for students or teachers w/ Paula Carnegie Fehr\*\*. \$150 (\$200 for Certificate of Completion if an optional assignment is submitted to fulfill the 15-hr YAA-TTP anatomy requirement). Start anytime. Info.: Paula: [hiddenmessages.ca@gmail.com](mailto:hiddenmessages.ca@gmail.com). Register YAA 780-427-8776 or [online](#).**

Throughout 2024. Kootenay Bay, BC. No-fee Two-Month Karma Yoga program at Yasodhara Ashram. Intake dates monthly. Transform work into service while living in a spiritual community. Visit [yasodhara.org](http://yasodhara.org) or call 1-800-661-8711.

**O Life Anatomy: It's FUNctional w/ Sherry Ogg.** Yoga teachers & students. Online, correspondence & live. [Micromoves.com/therapists.asp](http://Micromoves.com/therapists.asp). info@micromoves.com. 780-414-0273. Ad p. 13.

## SUBMISSIONS TO YOGA BRIDGE NEWSLETTER:

Paid ads or upcoming events: [yogaab@telus.net](mailto:yogaab@telus.net)  
 Deadlines: March 1, August 1 and November 1.

Article proposals: [editor@yoga.ca](mailto:editor@yoga.ca)

Information: [www.yoga.ca/newsletter](http://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).

**O** Tools to use on and off your yoga mat. [GrowingSpaceForHealthandWealth.com](http://GrowingSpaceForHealthandWealth.com) Ad p. 16.

**O** The Curious Heart: Meditation & Mindfulness Course w/ Kat Boehm\*\*. [www.pauseandconnect.teachable.com](http://www.pauseandconnect.teachable.com)

## NOVEMBER 2023

**November 24-26 H**  
 Practice Immersion w/ Ty Chandler & Sharoni Fixler. 403-457-4070; [deanna@calgaryiyengaryoga.com](mailto:deanna@calgaryiyengaryoga.com).

**November 24 - 27 C**  
 Yin Yoga Teacher Training w/ Debby Sereda. Suitable for all levels of teachers & students wishing to learn how to practise and teach Yin Yoga safely and creatively. 595.00+GST. [www.yogamaya.ca](http://www.yogamaya.ca)

**November 25 E**  
 Pelvic Floor Workshop w/ Val Spak. 1pm-3pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://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](http://www.yogawithin.ca).

**November 29, January 31, February 28 E**  
 Pregnancy Circle: Meditate and Reflect. 6:30pm - 8:30pm. \$20 drop-in. Nest Integrative Wellness [chantalederyoga@gmail.com](mailto:chantalederyoga@gmail.com) 780-999-3203.

## DECEMBER 2023

**December 1-3 E H YAA**  
 Exploring Yoga in Community: A retreat Experience; 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 [online](#). See ad p. 6.

**December 1 E O**  
 Monthly Meditation w/ Rebecca Hung. 7-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

**December 2 E**  
 Candlelight Yin & Healing Sounds w/ Corinne McNally and Marcus Fung. 6-8pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

**December 2, 16 E**  
 Gitananda Ashtanga Yoga w/ Valananda. Experience a practice based on the 8 limbs of Yoga. 10:30-noon, Classical Yoga Centre, 11906 129 Ave, \$20 per class. [valananda108@gmail.com](mailto:valananda108@gmail.com), [valananda.com](http://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](mailto:valananda108@gmail.com), [valananda.com](http://valananda.com)

**December 3 E**  
 Family Yoga w/ Hayley Markel. 1:30pm-2:15pm. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

**December 4 <https://yoga.ca/yaa-store/YAA>**  
**Teachers Showcase Series. Mondays w/ Tracy Koluk\*\* (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 YAA 780-427-8776 or [online](#). Ad p.26.**

**December 8-10 E**  
 Gitananda Ashtanga Yoga Fundamentals Workshop covering all 8 limbs of Yoga. Learn deeper practices leading to meditation & *Samadhi*. Fri, 6:30- 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](mailto:valananda108@gmail.com), [valananda.com](http://valananda.com)

**December 9 E H YAA**  
**Core Curriculum Class - TTP & Upgrading: Forward Bends; 8 Limbs of Yoga with 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](#). See p. 20-21.**

**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](http://www.yogawithin.ca).

**December 17 E**  
 Relax with Yoga & Body Rolling w/ Anita Sielecki. 1:30pm-3:00pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

**December 18 O YAA**  
**Teachers Showcase Series. Mondays w/ Tracy Koluk\*\* (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 YAA 780-427-8776 or [online](#). Ad p. 26.**

**December 22 E H**  
 Winter Solstice-Uplift & Elevate w/ Satwinder Sran. 6:30pm-8:30pm. \$35. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

**December 24-January 1 C H**  
 8 Days of Yoga. Step back from the busy-ness of the season and nurture yourself. 8 days for \$29 or \$15 per session. CIY I House of Yoga. 403-457-4070; [deanna@calgaryiyengaryoga.com](mailto:deanna@calgaryiyengaryoga.com); <https://www.calgaryiyengaryoga.com>

**December 29 E H**  
 Deep Release: An Evening to Exhale w/Rebecca Hung. 6pm-8pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

## JANUARY 2024

**January O**  
 World-Renowned Master Teacher Live from Mumbai: Jawahar Bangera. CIY I House of Yoga. 403-457-4070; [deanna@calgaryiyengaryoga.com](mailto:deanna@calgaryiyengaryoga.com); <https://www.calgaryiyengaryoga.com>

**January 2-31 E H**  
 Yoga Quest. \$80. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

**January 4 O YAA**  
**Teachers Showcase Series. Thursdays w/ Sandy Ayre\*\* (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 YAA 780-427-8776 or [online](#). Ad p. 26.**

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

### January 6 E

Intro to Meditation w/ Rebecca Hung. 1:00pm-3:00pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 6 E YAA

Red Cross Emergency First Aid with AED & CPR-Level C. Special Session for YAA Certified Teachers & TTP Students with Janine Mills (2 sessions only – Jan 6 & Mar 9). 9am-4pm with 45 min. break for lunch. \$100. Percy Page Centre, Room #8, 11759 Groat Rd, Edmonton. Register YAA 780-427-8776 or [online](#). Ad p.15.

### January 7 E

Free Yoga Day. 9am-1pm. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 7 E O

Week Long Meditation w/ Rebecca Hung. 8:30pm-9pm. \$56. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 9-February 27 E

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

### January 10-February 28 E

Trauma Informed Yoga w/ Jeremy Bell. 6:00pm-7:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 11-February 22 E

Mum & Baby Yoga w/ Dani Checknita. 11:00am-11:45am. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 11 - February 8 E

Beginner Foundations and Postnatal Safe Yoga Series 5:30pm - 6:30pm \$90.00 for the series of 5. Pine Integrated Health Centre [chantalederyoga@gmail.com](mailto:chantalederyoga@gmail.com) 780-999-3203.

### January 12-February 2 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](http://www.yogawithin.ca).

### January 13 E H YAA

Core Curriculum Class - TTP & Upgrading: Standing Balances; Yamas with 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](#). See p. 20-21

### January 13 E

Restorative Yoga Workshop w/ Melanie Checknita. 11:30pm-1pm. \$35.00. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 14-February 4 E

Therapeutic Yoga for Sleep w/ Dr. Thamarai Moorthy. 1:15pm-2:30pm. \$165.00. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 14 E

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

### January 14 E

Relax with Yoga & Body Rolling w/ Anita Sielecki. 3:00pm-4:30pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 18 O YAA

Teachers Showcase Series. Thursdays w/ Sandy Ayre (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 YAA 780-427-8776 or [online](#). Ad p. 26.

### January 19 & March 10 Lacombe

A day of yoga & meditation in an enchanted cabin in an old growth forest. Curated to nourish your every kosha, reset your nervous system and replenish your Sunkalpa. 9:30am-3:30pm. \$200/day. [www.cirruspsychology.com](http://www.cirruspsychology.com). 403-314-3489. Ad p. 13.

### January 19-20 O YAA

Trauma Informed Training: Further Explorations w/ Dr. Paula Fayerman\*\*. Friday 7-9pm, Saturday 10am-1pm Livestreamed via Zoom only – recordings not available. FREE with priority to all YAA Certified Teachers & TTP Students. Limited spots available - register early. Other Full YAA Members may be admitted if spaces are available after Jan. 12. Register YAA 780-427-8776 or [online](#). Ad p. 24.

### January 19-21 & Feb 2-4 C

Restorative Yoga Teacher Training with Anne Cox & Tracy Roberge. In this 50-hour Restorative Teacher Training Program learn: How to set up restorative postures for yourself and others, What poses work best for certain situations and challenges, How to use props to fully support a person's practice at all levels and how to modify them appropriately, Fri 6 - 9 pm Sat & Sun 9:30am-5:30 pm <https://www.yogamcc.com/restorative> 403-251-9642.

### January 21 E H

7th Annual Renew the Whole You Workshop w/ Rebecca Hung. 6:30-8:30pm. \$42. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### January 27 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](http://www.yogawithin.ca).

### January 28 E

Basic First Aid & CPR Training/w Katrina Milne. 8:30am-4:30pm. \$125. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

## FEBRUARY 2024

### February 2 E O

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

### February 2-4 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 [online](#). Ad p. 6.

### February 3-May 26 C

SOYA 200hr Foundational Yoga Teacher Training Immersion near Calgary. \$3200+gst. Hosted in Strathmore, 30 min east of Calgary. Save \$300 when you pay in full! Contact Rebecca 403-710-4294.

### February 7 O YAA

Teachers Showcase Series. Wednesdays with Lisa Workman (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 in between classes for Full and Lifetime Members. Register YAA 780-427-8776 or [online](#). Ad p. 26.

### February 9 E

Yin Yoga for Couples w/ Angie Clark. 7:00pm-9:00pm. \$99. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### February 10 E H YAA

Core Curriculum Class - TTP & Upgrading: Twists; Niyamas with 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](#). See p. 20-21.

### Feb 11, 25 & Mar 3 E

Realignment Workshop w/ Candace Wickins. 9:00am-2:00pm. \$280. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### February 15 O YAA

Professional Development Series Webinar - The Art and Science of Pain Care Yoga: A pain informed approach to teaching yoga w/ Terri Jones (500-Hour). 8-9:30 on Zoom. FREE Livestream for YAA Members. Recordings available with Full/Lifetime Membership only. Register YAA 780-427-8776 or [online](#). Ad p. 24.

### February 18 E

Relax with Yoga & Body Rolling w/ Anita Sielecki. 1:30pm-3:00pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. [www.yogawithin.ca](http://www.yogawithin.ca).

### February 21 O YAA

Teachers Showcase Series. Wednesdays with Lisa Workman (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 in between classes for Full and Lifetime Members. Register YAA 780-427-8776 or [online](#). Ad p. 26.

### February 23 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](http://www.yogawithin.ca).

### February 25 E

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

### February 25 O YAA

Marla Ericksen Workshop – Inward Escape: Meet Your Inner Being. A Day of Refuge, Realignment & Recovery w/ Marla Ericksen. 9am-3pm. Online via Zoom - Recording available. \$125. Zoom link will be noted on the registration receipt. Register YAA 780-427-8776 or [online](#). Ad p. 19.

## MARCH 2024

### March 1 YAA

Deadline for submission of events and advertisements for Spring 2024 issue Yoga Bridge Magazine. Submission Guidelines [online](#).

### March 1 YAA

Deadline for Initial Certification and Recertification applications for May approval. Email to [cert@yoga.ca](mailto:cert@yoga.ca).

### March 1 E O

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

### March 3-9 Gabriola Island

Gabriola Island Yoga Retreat at The Haven w/ Senior YAA Instructor Alison Irwin. Experience the natural beauty and peace of this unique oceanfront island getaway on one of the most accessible of all the Southern Gulf Islands. 20-minute ferry from Nanaimo. 2 daily gentle yoga practices & evening meditations to soothe & rejuvenate body, mind & heart. \$2400-\$3290. Based on Single Occupancy Room Type. Includes 6 nights accommodation and meals. Complete info: Alison at [yogamama2@shaw.ca](mailto:yogamama2@shaw.ca) 780-993-7443

### March 6 O YAA

Teachers Showcase Series. Wednesdays with Barbara Eastham\*\* (Senior). 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 YAA 780-427-8776 or [online](#). Ad p. 26.

### March 9 E YAA

Red Cross Emergency First Aid with AED & CPR-Level C. Special Session for YAA Certified Teachers & TTP Students w/ Janine Mills. 9am-4pm. 45 min. break for lunch. \$100. Percy Page Centre, Rm. #8, 11759 Groat Rd, Edmonton. Register YAA 780-427-8776 or [online](#). Ad p. 15.

### 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! Contact Rebecca 403-710-4294

### March 17 E

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

### March 19-June 29 H

SOYA 200hr Foundational Yoga Teacher Training Online/Hybrid, live via Zoom. Conclude at a week long immersion near Traverse City, MI. \$2950 USD. Save \$200 USD when you pay in full! Contact Rebecca 403-710-4294.

### March 22-June 23 C

SOYA 300hr Professional Upgrade to RYT500 in Strathmore, 30 min east of Calgary. 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.

### March 20 O YAA

Teachers Showcase Series. Wednesdays with Barbara Eastham\*\* (Senior). 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 YAA 780-427-8776 or [online](#). Ad p. 26.

### March 22-24 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 YAA Training Programs. Register YAA 780-427-8776 or [online](#). See p. 20-21.

## APRIL 2024

### April In Person

Spring Break Getaway in Puerto Vallarta. Rest, relax & chill. CIY I House of Yoga. 403-457-4070; [deanna@calgaryiyengaryoga.com](mailto:deanna@calgaryiyengaryoga.com); <https://www.calgaryiyengaryoga.com/springbreak>.

### 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 in between classes for Full and Lifetime Members. Register YAA 780-427-8776 or [online](#). Ad p. 26.

### 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: \$1800. Visit [yasodhara.org](http://yasodhara.org) or call 1-800-661-8711.

### 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 YAA Training Programs. Register YAA 780-427-8776 or [online](#). See p. 20-21

### 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 in between classes for Full and Lifetime Members. Register YAA 780-427-8776 or [online](#). Ad p. 26.

### April 19-21 E H YAA

Exploring Yoga in Community: A retreat Experience; Āsana, 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 [online](#). Ad p. 6.

### 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.

### 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](http://yasodhara.org) or call 1-800-661-8711.

## MAY 2024

### 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 YAA Training Programs. Register YAA 780-427-8776 or [online](#). See p. 20-21.

### 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](http://www.yasodhara.org) or 1-800-661-8711.

### 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](http://yasodhara.org) or call 1-800-661-8711.

### May 31-Jun 2

SOYA Annual Retreat in Sorrento, BC w/ special guest Indu Arora: "Living Ayurveda". Retreat fees \$325+gst, accommodations & meals separate. Ad p. 26.

## JUNE 2024

### 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 YAA Training Programs. Register YAA 780-427-8776 or [online](#). See p. 20-21.

### 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](http://www.yasodhara.org) or 1-800-661-8711.

### June 16-28. Kootenay Bay, BC.

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

### June 16-Apr 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.

## JULY 2024

### July 7-12. Kootenay Bay, BC.

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

### July 10-14 E 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](mailto:sielecki@hotmail.com) for info. Register YAA 780 427-8776 or [online](#) Ad p. 19.

### 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](http://www.yasodhara.org) or 1-800-661-8711.

## AUGUST 2024 - DECEMBER 2024

### 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](http://www.yasodhara.org) or 1-800-661-8711.

### August 25-30. Kootenay Bay, BC.

Power of Presence. A guided retreat at Yasodhara Ashram. Price varies based on accommodation. Visit [yasodhara.org](http://yasodhara.org) or call 1-800-661-8711.

### September 22-27. Kootenay Bay, BC.

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

### October 4-6 E H YAA

Exploring Yoga in Community: A retreat Experience; Āsana, 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 [online](#). Ad p. 6.

### October 10-22. Kootenay Bay, BC.

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

### November 29-December 1 E H YAA

Exploring Yoga in Community: A retreat Experience: Āsana, 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 [online](#) Ad p. 6.

## 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](http://www.yasodhara.org) or 1-800-661-8711.



# PROPS AND MORE

## FEATURED PROP

### YOGA / PEDICURE SANDALS

Yoga Sandals® are not just for summer, in fact, many devotees wear them around the house year-round! Wearing Yoga Sandals® improves circulation making the feet feel warmer, even in winter.

#### What else makes them so special?

Yoga Sandals® fit securely on your feet to prevent sliding of the shoe or gripping with the toes. The unique toe-spreader design combined with the support of the heel and the slope of the sole gently train the toes, while supporting the arch and providing ambulatory stability.

#### What can they do for me?

Yoga Sandals® have many benefits, including:

- improving sense of grounding and balance
- strengthening the muscles of the feet
- aligning the bones of the feet
- improving mobility and flexibility of the feet
- improving circulation
- easing pain and discomfort from concerns such as plantar fasciitis, bunions and hammertoe

The YAA carries Yoga Sandals® Originals in black, sizes Small to Extra Large.

Small - Women's 4-5.5

Medium - Women's 6-7.5

Large - Women's 8-9.5/Men's 6-7.5

Extra Large - Women's 10-11.5/Men's 8-9.5

These popular sandals have customers returning to the YAA to purchase another pair for themselves or as a gift for friends and family! They make wonderful Christmas presents!



**PURCHASE PROPS AT OFFICE OR ONLINE AT YOGA.CA**



# PROPS AND MORE

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

Prices include GST

## BLANKETS

Indian Blankets: white, cotton ..... \$41

## \* BLOCKS Made in Alberta (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 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) ..... \$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

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

## MATS & CARRIERS

Tapas@: Travel..... \$23

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

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

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

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

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

## NETI SALT (8 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

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

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

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