

Yoga Bridge Articles: 2010 to Autumn 2020, sorted by year

Article topic	Issue	Year	Title	Article Author -location
Lineage: Brahma Kumaris	Winter	2010	The Nature of Giving	Mike George - Cotswolds, England
Lineage: Iyengar Yoga	Winter	2010	The Hidden Importance of Linking	Siegfried Bleher - Morgantown, West Virginia
Lineage: Iyengar Yoga	Winter	2010	Practising Across Canada	Barb Deneka - Edmonton
Sound	Winter	2010	CD Review: Keeping Me Close by Debbie Spence	Peter Windel - Edmonton
Yoga Related Topics	Winter	2010	Weaving Yoga and Expressive Art	Yona McGinnis, Edmonton
Yoga Styles	Winter	2010	iRest Yoga Nidra: Living the Yogic Path with iRest Yoga Nidra	Kathleen Ludwig - Calgary
Yoga Therapy	Winter	2010	Book Review: Waking: A Memoir of Trauma & Transcendence by Matthew Sanford (Iyengar Yoga)	Irene Chan - Edmonton
Ayurveda	Spring	2010	Ayurveda Tip	Laurie McClelland and Sandra Parr - Edmonton
Lineage: Desikachar Lineage	Spring	2010	Yoga: A Path to Reduce Suffering	Marcia Langenberg - Edmonton
Meditation	Spring	2010	Where Am I Supposed to Feel This? (Buddhist Meditation, Yoga, Meditation)	Kavindu - Mexico City
Sound	Spring	2010	Sonic Yoga: Sound, Mind & Body	Don Hill - Edmonton
Yoga Outreach	Spring	2010	Yoga at the Women's Prison	Francesca Wildman - Edmonton
Yoga Outreach	Spring	2010	Yoga Outreach	June Knobel - Leduc
Yoga Related Topics	Spring	2010	The Intention to Seek Joy	Erin Michie, Calgary
Yoga Related Topics	Spring	2010	Perfection and Yoga: A Reflection	Pam Moskie, Camrose
Sound	Autumn	2010	Flirting With Ecstasy: Yoga for the Voice	David Wilson, Edmonton
Yoga Association of Alberta	Autumn	2010	YAA Code of Ethics	YAA administration
Yoga Related Topics	Autumn	2010	Labour of Love: Owning and Operating a Yoga Studio	Irene Chan - Edmonton
Yoga Styles	Autumn	2010	Wisdom Yoga	Oda Lindner - Niagara on the Lake, ON.
Yoga Texts	Autumn	2010	Bhagavad Gita: Context & Significance, Study of Yoga	Linda Bock - Edmonton
Yoga Texts	Autumn	2010	Sutra Study 501, Book Review: The Yoga Sutras of Patanjali by Edwin F. Bryant	Judith Mirus - Edmonton
Ayurveda	Winter	2011	Ayurveda Tips for the Cold and Flu Season	Laurie McClelland and Sandra Parr - Edmonton
Lineage: Iyengar Yoga	Winter	2011	Yoga As Science - A Study of the Iyengar Method	Siegfried Bleher - Morgantown, West Virginia
Pranayama	Winter	2011	Deep Breathing Techniques	Friedel Khattab - Edmonton
Yoga Outreach	Winter	2011	Yoga Outreach: A Change	Judy Murphy - Edmonton and June Knobel - Leduc
Yoga Related Topics	Winter	2011	Staying Connected in the Holiday Season	Pam Moskie - Camrose
Yoga Therapy	Winter	2011	Tips, Tricks & Considerations for Getting Out of Pain	Susi Hately- Calgary
Yoga Styles	Spring	2011	An Interview with Sri Dharma Mittra, New York	Dharma Yoga Center
Yoga Teachers / Practitioners / Staff	Spring	2011	In Memory of Maya-Margo	Swami Veda Bharati - Rishikesh, India
Yoga Teachers / Practitioners / Staff	Spring	2011	Maya-Margo Eulogy	Keely Scott - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2011	Members' Memories – Maya-Margo	YAA Members
Yoga Teaching	Spring	2011	Elements of a Good Teacher	Donalee Campbell - Sherwood Park
Lineage: Brahma Kumaris	Autumn	2011	Raja Yoga: The Three Schools of Life	Mike George - Cotswolds, England
Lineage: Desikachar Lineage	Autumn	2011	Yoga: A Process of Transformation	Marcia Langenberg - Edmonton
Lineage: Himalayan Tradition	Autumn	2011	Book Review: The Science of Breath: A Practical Guide by Swami Rama, Rudolph Ballentine, Alan Hymes	Linda Bock - Edmonton
Lineage: Iyengar Yoga	Autumn	2011	A Reflection on the 2011 AGM of the Iyengar Association of Canada	Barb Deneka - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2011	Obituary – Joe Thibault	Carol Fedun - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2011	Gerda Kreb's 80 <sup>th</sup> Birthday	Chris Erdmann Boyko - Edmonton
Anatomy	Winter	2012	Anatomy for the Inward Path	Matthew van der Giessen - Edmonton
Poetry	Winter	2012	Welcome Home	Debbie Spence - Edmonton
Yoga Outreach	Winter	2012	Yoga Outreach Program History	Marcia Langenberg - Edmonton
Yoga Outreach	Winter	2012	Insights from Outside City Limits	Mary Leblanc - Duffield
Yoga Outreach	Winter	2012	Care to Dance	Judy Murphy - Edmonton
Yoga Outreach	Winter	2012	Reaching Out with Yoga in Rural Alberta	Jennifer Miller -Wainwright
Yoga Styles	Winter	2012	Book Review: Heart Yoga by Karuna Erickson and Andrew Harvey	Vickie MacArthur - Lethbridge
Yoga Teachers / Practitioners / Staff	Winter	2012	Excerpts from Speeches Given at Rick Hyndman's Memorial Service	No author attributed
Poetry	Spring	2012	The Gardener	Phil Paradis - Edmonton

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Yoga Related Topics	Spring	2012	Yoga for Survival Training	Friedel Khattab - Edmonton
Yoga Related Topics	Spring	2012	Can Yoga Really Wreck Your Body?	Erin Michie - Calgary
Yoga Texts	Spring	2012	Book Review: The Bhagavad Gita: A New Translation by Georg Feuerstein	Corinne Milroy - Edmonton
Meditation	Autumn	2012	Book Review: Meditation From the Mat: Daily Reflections on the Path of Yoga by Rolf Gates & Katrina Kenison (Yoga and Meditation)	Mary Janet Schouten - Edmonton
Poetry	Autumn	2012	Offerings	Wendy Grant - Golden, BC
Poetry	Autumn	2012	No	Wendy Grant - Golden, BC
Yoga Outreach	Autumn	2012	Yoga in Alberta Prisons	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2012	Why I Do It?	David McAmmond - Calgary
Yoga Outreach	Autumn	2012	Yoga on the "Inside": An inmate's story	Allistair Middleton - Edmonton
Yoga Outreach	Autumn	2012	Going to Jail Today	Kelly Boys - California
Yoga Related Topics	Autumn	2012	Thirty-Six Years of Yoga and Not Done Yet	Lawrie Smith - Edmonton
Lineage: Himalayan Tradition	Winter	2013	Book Review: Philosophy of Hatha Yoga by Pandit Usharbudh Arya (Swami Veda Bharati)	Dave Downing - Onoway
Poetry	Winter	2013	Air Travel	Cindy Gibson - Banff
Poetry	Winter	2013	Ode to Yoga Equipment	David Wilson - Edmonton
Yoga Outreach	Winter	2013	Part 1: Juan Carlo's Yoga Journey	Anita Sielecki - Edmonton and David McAmmond - Calgary
Yoga Outreach	Winter	2013	Part 2: Juan Carlo's First Restorative Yoga Class in a Centre for Social Assistance	Juan Carlos - Mexico City
Yoga Outreach	Winter	2013	Three Women's Stories	Judy Murphy - Edmonton
Yoga Styles	Winter	2013	Laughter Yoga	Anna Radyo - Edmonton
Yoga Texts	Winter	2013	The Bhagavad Gita: Yoga of Devotion, Bhakti Yoga	Lawrie Smith - Edmonton
Yoga Related Topics	Spring	2013	The Inward Journey of Yoga	Oda Lindner - Niagara On the Lake, ON
Yoga Related Topics	Spring	2013	A Spiritual Practice	Deana Koebnick - Edmonton
Yoga Therapy	Spring	2013	Few People Think	David McAmmond, Calgary
Lineage: Brahma Kumaris	Autumn	2013	Are You the Master of Your Mind?	Mike George - Cotswolds, England
Lineage: Iyengar Yoga	Autumn	2013	Book Review: Light on Pranayama by BKS Iyengar	Judith Mirus - Edmonton
Meditation	Autumn	2013	Why Mindfulness Isn't a Good Thing (or New) (Buddhism)	Stephen Schettini - Hudson, Quebec
Poetry	Autumn	2013	False Growth	Phil Paradis - Edmonton
Sound	Autumn	2013	Chanting: Sound Medicine for the Modern World	Pamela Alexander - Calgary
Sound	Autumn	2013	CD Review: A Deeper Light by Deva Premal and Mitten	Tracy Gawley, Calgary
Yoga Teaching	Autumn	2013	Teacher Training Program (unsolicited review)	Alisa Doell - Edmonton
Lineage: Kundalini Yoga	Winter	2014	Kundalini Yoga As Taught by Yogi Bhanan	Tracy Gawley - Calgary
Meditation	Winter	2014	Mindfulness: Reflections on a Conference with Thich Nath Hanh	Oda Lindner - Niagara on the Lake, ON.
Poetry	Winter	2014	The Artist	Debbie Spence - Edmonton
Sound	Winter	2014	CD Review: Merged – A Morning Sadhana with Tracy Gawley	Pamela Alexander - Calgary
Yoga Association of Alberta	Winter	2014	For the Love of Yoga: Reflections in the Past, Present, Future	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Winter	2014	The Yoga Association of Alberta - My Yoga Lifeline	Val Kumimoto, Lethbridge
Yoga Related Topics	Winter	2014	Sraddha – A Personal Study	Barbara Hagen - St. Albert
Yoga Styles	Winter	2014	Book Review: Move the Body, Stretch the Mind by Judy Murphy	Candice Jackson - Edmonton
Asana	Spring	2014	Take Your Vitamins	Sandra Sammartino - Whiterock, BC
Lineage: Desikachar Lineage	Spring	2014	Steadiness and Ease in Asana	Ja'net Barchard-Smith - Calgary
Lineage: Iyengar Yoga	Spring	2014	An Overview of Yogacharya BKS Iyengar's "Jnana in Asana: Experiential Knowledge"	Sharoni Fixler - Calgary
Poetry	Spring	2014	Flower Meditation: A Present for You	Janet Pearce - Edmonton
Poetry	Spring	2014	I Have a Visitor	Angelika Hoffman - Edmonton
Yoga Styles	Spring	2014	iRest Yoga Nidra: Taking Retreat into Daily Life	Kirsten & Ross Guest - Kimberley, BC
Yoga Styles	Spring	2014	What is Hatha Yoga?	Donalee Campbell - Sherwood Park
Yoga Styles	Spring	2014	Juice Fasting – A Yoga Practice	Keely Scott - Edmonton

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Yoga Teachers / Practitioners / Staff	Spring	2014	Deana Kathleen Bard - In Memoriam	No author attributed
Anatomy	Autumn	2014	Connective Tissue – Easing the Physical Ties That Bind	Matthew van der Giessen - Edmonton
Asana	Autumn	2014	Practicing Asana Safely	Peter Skirving - Calgary
Lineage: Kundalini Yoga	Autumn	2014	Kundalini Yoga as a Path to Addiction Recovery	Sat Dharam Kaur - Owen Sound, ON and Caroline Haverkort - Edmonton
Yoga Related Topics	Autumn	2014	5 Things to Learn From Being Mistaken for a Pregnant Woman	Caitlin Jackson - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2014	Teacher Profile: Alberta's Yoga Baba Helen Eshpeter	Erin Michie - Edmonton
Yoga Therapy	Autumn	2014	Book Review: Overcoming Trauma Through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper	Brandy Basity - Edmonton
Meditation	Winter	2015	Mindfulness in Education	Michelle Johnston - Edmonton
Meditation	Winter	2015	Meditation in the YAA-TTP	Donalee Campbell - Sherwood Park
Yoga Related Topics	Winter	2015	Practice of Awe	Anne Douglas, Banff
Yoga Related Topics	Winter	2015	President's Message: Illusion, Imagination, Reality	David McAmmond - Calgary
Yoga Styles	Winter	2015	Book Review: Yoga Fiction, Yoga Truth by Sandra Sammartino	Claudia Istvanffy - Calgary
Yoga Teachers / Practitioners / Staff	Winter	2015	Anita Sielecki	Richard Miller - California; Sandra Sammartino - White Rock BC; Karen Hamdon - Edmonton; Pippa Feinstein - Toronto; Debbie Spence - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2015	Darlene Krahn	Debbie Spence - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2015	In Memoriam to Mr. B.K. S. Iyengar	Judith Mirus - Edmonton; Margot Kitchen - Calgary; Teddy Hyndman - Edmonton
Yoga Therapy	Winter	2015	Healing Art of Yoga	Oda Lindner - Niagara on the Lake, ON.
Meditation	Spring	2015	Book Review: Poems for Meditation; An Invitation by Antoinette Voute Roeder	Glenda Sartore - Sherwood Park
Poetry	Spring	2015	Not a Christian, or Jew or Muslim	Mevlana Jalaluddin Rumi
Yoga Related Topics	Spring	2015	President's Message: Liberation	David McAmmond - Calgary
Yoga Related Topics	Spring	2015	Sensing the Sacred: Gurukulum Advaita Vedanta	Neil Dalal and Jillian Elizabeth
Yoga Related Topics	Spring	2015	A Living Example of Patanjali's Yoga Sutra I.33	Barb Deneka - Sherwood Park
Yoga Styles	Spring	2015	Svaroopo Yoga	Rosemary Nogue - Calgary and Louise Harkema - BC
Yoga Teachers / Practitioners / Staff	Spring	2015	A Jewel in the Crown – Dr. K. D. Prithipaul	Carol Fedun - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2015	In Memoriam – Joan Fargey	Beth McCann - Edmonton
Lineage: Desikachar Lineage	Autumn	2015	The Stages of T. Krishnamacharya's Yoga: a personal perspective	Rosemary Jeanes Antze - Toronto
Lineage: Tantra Yoga	Autumn	2015	Book Review: <i>The Radiance Sutras: 112 Gateways to the Yoga of Wonder &amp; Delight</i> by Lorin Roche	Jodi Ouellette - Calgary
Poetry	Autumn	2015	Buddha in my Garden	Anne Douglas - Banff
Yoga Outreach	Autumn	2015	YAA Executive Director's Message: Yoga in Schools Residency Pilot Project (YSRP)	Debbie Spence - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2015	Grace Little - A Tribute With Loving Gratitude and Respect	Paula Carnegie Fehr and Ann Waschuk - Red Deer
Yoga Teachers / Practitioners / Staff	Autumn	2015	Swami Veda Bharati: A Life of Service, a Life of Love (March 24, 1933 - July 14, 2015)	Keely Scott and Dave Downing - Edmonton
Yoga Therapy	Autumn	2015	What is Hormone Yoga Therapy?	Karen Jacobsen - Edmonton
Lineage: Buddhism	Winter	2016	Practicing Loving-Kindness II	Bnjante Henepola Gunaratana (founder, Bhavana Society)
Meditation	Winter	2016	Embodied Mindfulness	Kat Boehm - Edmonton
Meditation	Winter	2016	The view from the Centre © Mike George 2013, Clear Thinking Online Newsletter	Mike George - Cotswolds, England
Pranayama	Winter	2016	The Breath is Life's Teacher (first published in Yoga Bridge, Summer 1996)	Donna Martin - Kamloops, BC
Yoga Association of Alberta	Winter	2016	President's message: "This is how it is"	David McAmmond - Calgary
Yoga Association of Alberta	Winter	2016	Origins: 40th anniversary of the Yoga Association of Alberta 1976-2016	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Winter	2016	Teacher training and certification: Seasons of change	Donalee Campbell - Sherwood Park
Yoga Related Topics	Winter	2016	From the Gita to the Grail: Exploring Yoga stories and Western myths, by Bernie Clark	Marion (Mugs) McConnell - Scotch Creek, BC
Yoga Teachers / Practitioners / Staff	Winter	2016	Isa Duxbury: My mentor and friend	Sandrine Pollock
Yoga Teaching	Winter	2016	The practice of Patanjali's 8 fold path of Yoga in a Hatha Yoga class by Dana Moon; artwork by Rebecca M. Latimer	Dana Moon

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Yoga Association of Alberta	Spring	2016	Who's Who: 40th Anniversary of the Yoga Association of Alberta:1976-2016 (presidents, administrators, int'l teachers listed)	Debbie Spence - Edmonton
Yoga Related Topics	Spring	2016	An essential element of a spiritual path	Robin Campbell
Yoga Related Topics	Spring	2016	Positive Thinking: Common sense or metaphysics? Yoga philosophy or New Age hype?	Val Paape - Winnipeg
Yoga Related Topics	Spring	2016	Book Review: Yoga therapy for backs: a practical guide, by David McAmmond with Anita Sielecki	Lonnie DeSorcy - Calgary
Yoga Teachers / Practitioners / Staff	Spring	2016	Remembering Friedel Khattab	Karen Hamdon - Edmonton
Yoga Therapy	Spring	2016	Critical alignment Yoga Therapy	Jennifer Strukoff - Calgary
Lineage: Desikachar Lineage	Autumn	2016	TKV Desikachar tribute	Richard Miller - California
Yoga Association of Alberta	Autumn	2016	Editor's message: Review of the Yoga Bridge editorial process	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA Strategic Planning Survey 2017-2021	Karen Kirkwood - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Executive Director report	Debbie Spence - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM:Teacher Training and Certification	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Tribute to Debbie Spence	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Yoga Bridge Newsletter report	Marcia Langenberg - Edmonton
Yoga Outreach	Autumn	2016	YAA Prison outreach program I: Teaching Yoga inside and outside	Fran Wildman - Edmonton
Yoga Outreach	Autumn	2016	YAA Prison outreach program II: Meditation and song	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2016	YAA Prison outreach program III: Remand outreach	Barbara Breau - Red Deer
	Autumn	2016	The Starfish Story (originally published by the author in "The Unexpected Universe"	Loren Eiseley
Yoga Related Topics				
Yoga Teachers / Practitioners / Staff	Autumn	2016	Bonnie Dunbar - Devoted Yogini and friend	Sarah Aberdeen - Calgary
Yoga Teaching	Autumn	2016	Dos and Don'ts of teaching Yoga in schools: some helpful guidelines	Donna Freeman - St. Albert
Lineage: Desikachar Lineage	Winter	2017	Remembering TKV Desikachar: The spread and essence of his teaching	Rosemary Jeanes Antze - Toronto
Lineage: Kripalu Yoga	Winter	2017	Kripalu Yoga	Dina Pereira - Hamilton
Meditation	Winter	2017	BodySensing	Anne Douglas - Banff
Sound	Winter	2017	Mantra: A way to create quietude in your life	Dianna Martin - Red Deer
Yoga Association of Alberta	Winter	2017	President message: YAA history	David McAmmond - Calgary
Yoga Association of Alberta	Winter	2017	Teacher training and certification: Lineage in the YAA	Donalee Campbell - Sherwood Park
Yoga Related Topics	Winter	2017	Letters from the Yoga masters: Teachings revealed, by Marion (Mugs) McConnell	Bernie Clark - Vancouver, BC
Yoga Teachers / Practitioners / Staff	Winter	2017	Shirley Johannesen - Canadian Yoga pioneer	Donna Lynn Brown - Winnipeg
Yoga Teachers / Practitioners / Staff	Winter	2017	Donna Martin - a YAA interview (long version of original interview on YAA facebook page Aug 11 2016)	Gaye Oxford - Edmonton
Yoga Teaching	Winter	2017	Yoga for gender and sexual diversity	Pippa Feinstein - Toronto
Yoga Texts	Winter	2017	New light on Patañjali	Dominik Wujastyk - Edmonton
Meditation	Spring	2017	BodySensing: Taking "Feel your body" to a whole new level	Kirsten Guest - Kimberley, BC
Meditation	Spring	2017	The journey of mindfulness into the public eye	Anita Sielecki - Edmonton
Meditation	Spring	2017	Book review: The iRest program for healing PTSD: A proven effective approach to overcoming trauma by Richard Miller	Jodi Ouellette - Calgary
Meditation	Spring	2017	Meditation using natural wisdom	Kavindu - Mexico City
Yoga Association of Alberta	Spring	2017	Yoga Bridge issues 2015-2016: a summary of Yoga scriptures, lineages, contemporary practices, Alberta practitioners, books, film	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2017	President's message: Is it all about the finger?	David McAmmond - Calgary
Yoga Association of Alberta	Autumn	2017	Editor's message: My Yoga journey	Norm Cowley - Edmonton
Yoga Association of Alberta	Autumn	2017	Teacher training and certification: Responsibility and relevance - Ethics in the Yoga community	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2017	Sun shines on YAA's Yoga in the Park	Debbie Spence - Edmonton
Yoga Related Topics	Autumn	2017	Edmonton's last Bikram studio faces a dilemma	Norm Cowley - Edmonton
Yoga Related Topics	Autumn	2017	Yoga still in infant stages in Western world: Peyrow	Norm Cowley - Edmonton
Yoga Styles	Autumn	2017	Explaining the Yamas and Niyamas	No author attributed
Yoga Styles	Autumn	2017	Book review: Yoga with Linda and Shaun by Linda Dumont and Shaun Giroux	Angelique Branston

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Yoga Teachers / Practitioners / Staff	Autumn	2017	Honouring YAA teachers: Teddy Hyndman	Judi Mirus - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2017	Honouring YAA teachers: Mary LeBlanc	Martha Miller - Edmonton
Asana	Winter	2018	Learning about āsanas: Ardha Matsyendrasana II	David McAmmond - Calgary
Poetry	Winter	2018	Song of the soul (Shri Adi Shankara, <i>Atma Satakam</i> )	Shri Adi Shankara
Yoga Association of Alberta	Winter	2018	Teacher training and certification: Program updates	Donalee Campbell - Sherwood Park
Yoga Related Topics	Winter	2018	Reflections (reprinted with permission Iyengar Yoga Centre Victoria)	Shirley Davenport French - Victoria, BC
Yoga Teachers / Practitioners / Staff	Winter	2018	Pranayama teacher chooses different path... For a while. Based on files from Neeru Prashar.	Norm Cowley - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2018	Life experiences alter Theoret's beliefs	Norm Cowley - Edmonton
Yoga Texts	Winter	2018	The Yogapradīpa: A Pre-Modern Jain "Light on Yoga" (adaption of a co-authored article by J.Birch and J.Hargreaves (The Luminescent 1 7 Mar 2017)	Jaqueline Hargreaves
Yoga Therapy	Winter	2018	A Yogic way to prepare the body for autumn/winter seasonal change: interview with Richard Miller	Gaye Oxford - Edmonton
Asana	Spring	2018	Learning about āsanas: <i>Viparita Karani</i>	Corinne Milroy - Edmonton
Meditation	Spring	2018	Have YOU chosen your silence? Reprinted with permission from "Clear Thinking: Reflections on living with love, light and power."	Mike George - Cotswolds, England
Yoga Association of Alberta	Spring	2018	Teacher training and certification: YAA is Yoga Alliance RYS-200	Donalee Campbell - Sherwood Park
Yoga Online Instruction	Spring	2018	Time tested practice can survive popular online yoga presence	Anne Jablonski - Virginia
Yoga Styles	Spring	2018	Book review: Inner engineering: A Yogi's guide to joy by Sadhguru	Brian Olajos - Red Deer
Yoga Teachers / Practitioners / Staff	Spring	2018	Mudrās, Mantras, Vinyāsas, Meditations: Reflections on four decades as a Yoga teacher	Marion (Mugs) McConnell - Cardston
Yoga Teachers / Practitioners / Staff	Spring	2018	Memoriam: YAA founding member Hilda Pezarro	YAA staff (with files from IYC Victoria newsletter)
Yoga Teachers / Practitioners / Staff	Spring	2018	Memoriam: Barbara Ross Yoga teacher, teacher trainer and friend	Sonja Evans and Sappho Balfour - Calgary
Asana	Autumn	2018	Learning about āsanas: Uttānāsana	Marcia Langenberg - Edmonton
Lineage: Brahma Kumaris	Autumn	2018	Why Yoga? How Yoga?	Sister Denise Lawrence
Yoga Association of Alberta	Autumn	2018	Why Yoga instructors should have insurance	Toole Peet & Co Ltd - Calgary
Yoga Association of Alberta	Autumn	2018	Minutes in brief: The YAA needs help to become pioneers again	David Maulsby, Norm Cowley - Edmonton and Debbie Spence - Edmonton
Yoga Styles	Autumn	2018	Book review: Yoga of the subtle body by Tias Little	Sandy Ayre - Edmonton
Yoga Styles	Autumn	2018	Where does our modern Yoga come from? A timeline of historical texts on Yoga Āsana	Oda Lindner - Niagara on the Lake, ON
Yoga Teachers / Practitioners / Staff	Autumn	2018	Margot Kitchen: A Yogini's contributions, challenges and blessings	Cynthia Palahniuk - Calgary
Poetry	Winter	2019	Big Emptiness	Wendy Grant - Golden, BC
Asana	Winter	2019	Learning about Asanas: Shoulderstand, Plough, Fish: Tranquility Always	Sandra Sammartino - Whiterock, BC
Yoga Teachers / Practitioners / Staff	Winter	2019	Teacher Tribute: Barbara Eastham, Contemporary Yogini	Jodi Ouellette - Calgary
Yoga Related Topics	Winter	2019	Why Yoga Isn't Dangerous	Susi Hatley- Calgary
Yoga Teaching	Winter	2019	Book Review: The Yoga Alphabet by Natasha Michaud	Sara Hastings - Edmonton
Yoga Therapy	Winter	2019	Emotional Detoxification	Sister Shivani, Brahma Kumaris World Spiritual University
Asana	Spring	2019	Learning about āsanas: Śavāsana: Looks Easy but Difficult to Master	Angie Ackerman - Beaumont
Lineage: Desikachar Lineage	Spring	2019	Embodying the Yoga Sūtras	Rosemary Jeanes Antze - Toronto
Lineage: Himalayan Tradition	Spring	2019	The Himalayan Tradition of Yoga Meditation	Dave Downing - Spruce Grove
Poetry	Spring	2019	Beyond Matter	Debbie Spence - Edmonton
Yoga Association of Alberta	Spring	2019	Raising the Bar on YAA Certification Standards	Donalee Campbell - Sherwood Park
Yoga Outreach	Spring	2019	Yoga Outreach Program: Where do your donations go?	Debbie Spence - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2019	In Memoriam: Geeta S. Iyengar 1944-2018, Pune, India	Judith Mirus - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2019	Grandfather of Yoga: Fully Immersed in Yoga. A profile of David McAmmond	Lonnie DeSorcy - Calgary
Yoga Therapy	Spring	2019	Hormone Yoga Therapy: A Natural Holistic Method of Finding Balance	Corinne McNally - Edmonton
Asana	Autumn	2019	Learning about āsanas: Ardha Chandrasana - An Energizing and Exhilarating Pose	Valerie Wasylishen - Edmonton
Poetry	Autumn	2019	Lighting the Way - honouring Gerda Krebs (founding member YAA in 1976) on her 85th birthday	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2019	YAA Outreach at Alberta Institutions	Paul Yapp - Edmonton

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Yoga Related Topics	Autumn	2019	Book Review: Practice and All is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond by Matthew Remski	David McAmmond - Calgary
Yoga Related Topics	Autumn	2019	Yoga Trapeze: Practicing in hammock-like device a 'game-changer' (aerial yoga)	Jennifer Steed - Edmonton
Yoga Styles	Autumn	2019	Yamas and Niyamas - Quintessential in the path of yoga (Raja yoga)	Neera Prashar - India
Yoga Teachers / Practitioners / Staff	Autumn	2019	Blueprint of a Yogi: Ken Strachan	Megan Strachan - Edmonton
Yoga Therapy	Autumn	2019	Integrative Chakra Therapy (ICT)	Susan Quan - Calgary
Asana	Winter	2020	Learning about āsanas: Paschimottanasana - sitting forward bend	Marion (Mugs) McConnell - Cardston
Lineage: Desikachar Lineage	Winter	2020	Dharma and Svadharma	Beverley Moore - Sherwood Park
Yoga Association of Alberta	Winter	2020	YAA TTP Apprenticeship Model: A reputation for excellence	Donalee Campbell - Sherwood Park
Yoga Styles	Winter	2020	Karma Yoga: The missing ingredient	David McAmmond - Calgary
Yoga Teachers / Practitioners / Staff	Winter	2020	Val Kunimoto's long-distance lifeline to Yoga (profile)	Norm Cowley - Edmonton
Yoga Therapy	Winter	2020	Yoga has age-old connection to mental health	Pam Moskie - Camrose
Asana	Spring	2020	Learning about āsanas: Breath and voice: Harmony in our practice (pranayama, sound)	David Wilson - Edmonton
Lineage: Tantra Yoga	Spring	2020	The Feminine Face of Yoga	Anne Douglas - Banff
Yoga Association of Alberta	Spring	2020	Teacher Tribute Series: YAA Honours our Teachers	Anita Sielecki - Edmonton
Yoga Association of Alberta	Spring	2020	Honouring our teachers 1. Sandra Sammartino: Adventures in Authenticity	Erin Michie - Edmonton
Yoga Association of Alberta	Spring	2020	Honouring our teachers 2. Richard Miller: Yoga Nidra - Life still a mystery for founder of iRest	Marthe Murphy - Edmonton
Yoga Association of Alberta	Spring	2020	Honouring our teachers 3. Rosemary Jeans Antze: Yoga - a continuous thread through her life	Marcia Langenberg - Edmonton
Yoga Related Topics	Spring	2020	The Five Tibetans: Ancient practice instructions vary from book to book	Krista Power
Anatomy	Autumn	2020	Health and Holism: Vagus Nerve and Yoga	Donalee Campbell - Sherwood Park
Asana	Autumn	2020	Chair Yoga: Benefits for seniors	Francesca Wildman - Edmonton
Yoga Association of Alberta	Autumn	2020	President's report: Sharpening our Yogic tools for times of intense anxiety	David McAmmond - Calgary
Yoga Association of Alberta	Autumn	2020	YAA Annual General Meeting virtual debut	Debbie Spence - Edmonton and Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2020	YAA Survey: Teacher's Comments	YAA administration
Yoga Online Instruction	Autumn	2020	Pandemic tests studio's peaceful practice	Melanie Checknita - Edmonton
Yoga Outreach	Autumn	2020	YAA Outreach connects with Indigenous youth	Sara Hastings Morris - Edmonton
Yoga Related Topics	Autumn	2020	<i>Samyama</i> : A fictional piece of non-fiction	Lawrence Dombro - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2020	June Alexander: Still going strong at 101	Anita Alexander - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2020	Book Review: Om Canada by Valery Petrich	Norm Cowley - Edmonton