

Articles Published in *Yoga Bridge* 2010-2020 pg. 1-2

Issue	Year	Title	Article Author -location
ANATOMY			
Winter	2012	Anatomy for the Inward Path	Matthew van der Giessen - Edmonton
Autumn	2014	Connective Tissue – Easing the Physical Ties That Bind	Matthew van der Giessen - Edmonton
Autumn	2020	Health and Holism: Vagus Nerve and Yoga	Donalee Campbell - Sherwood Park
ASANA			
Spring	2014	Take Your Vitamins	Sandra Sammartino - Whiterock, BC
Autumn	2014	Practicing Asana Safely	Peter Skirving - Calgary
Winter	2018	Learning about āsanas: Ardha Matsyendrasana II	David McAmmond - Calgary
Spring	2018	Learning about āsanas: <i>Viparita Karani</i>	Corinne Milroy - Edmonton
Autumn	2018	Learning about āsanas: Uttānāsana	Marcia Langenberg - Edmonton
Spring	2019	Learning about āsanas: Śavāsana	Angie Ackerman - Victoria
Autumn	2019	Learning about āsanas: Ardha Chandrasana	Valerie Wasylishen - Edmonton
Winter	2020	Learning about āsanas: Paschimottanasana	Marion (Mugs) McConnell - Cardston
Spring	2020	Learning about āsanas: Breath and voice	David Wilson - Edmonton
Autumn	2020	Chair Yoga: Benefits for seniors	Francesca Wildman - Edmonton
AYURVEDA			
Spring Edmonton	2010	Ayurveda Tip	Laurie McClelland and Sandra Parr -
Winter Edmonton	2011	Ayurveda Tips for the Cold and Flu Season	Laurie McClelland and Sandra Parr -
LINEAGE: BRAHMA KUMARIS			
Winter	2010	The Nature of Giving	Mike George - Cotswolds, England
Autumn	2011	Raja Yoga: The Three Schools of Life	Mike George - Cotswolds, England
Autumn	2013	Are You the Master of Your Mind?	Mike George - Cotswolds, England
Autumn	2018	Why Yoga? How Yoga?	Sister Denise Lawrence
LINEAGE: BUDDHISM			
Winter	2016	Practicing Loving-Kindness II	Bnjante Henepola Gunaratana
LINEAGE: DESIKACHAR			
Spring	2010	Yoga: A Path to Reduce Suffering	Marcia Langenberg - Edmonton
Autumn	2011	Yoga: A Process of Transformation	Marcia Langenberg - Edmonton
Spring	2014	Steadiness and Ease in Asana	Ja'net Barchard-Smith - Calgary
Autumn	2015	The Stages of T. Krishnamacharya's Yoga	Rosemary Jeanes Antze - Toronto
Autumn	2016	TKV Desikachar tribute	Richard Miller - California
Winter	2017	Remembering TKV Desikachar	Rosemary Jeanes Antze - Toronto
Spring	2019	Embodying the Yoga Sūtras	Rosemary Jeanes Antze - Toronto
Winter	2020	Dharma and Svadharma	Beverley Moore - Sherwood Park
LINEAGE: HIMALAYAN TRADITION			
Autumn Alan Hymes	2011	Book Review: The Science of Breath: A Practical Guide by Swami Rama, Rudolph Ballentine,	Linda Bock - Edmonton
Winter	2013	Book Review: Philosophy of Hatha Yoga by Pandit Usharbudh Arya (Swami Veda Bharati)	Dave Downing - Onoway
Spring	2019	The Himalayan Tradition of Yoga Meditation	Dave Downing - Spruce Grove
Winter	2010	The Hidden Importance of Linking	Siegfried Bleher - West Virginia
LINEAGE: IYENGAR			
Winter	2010	Practising Across Canada	Barb Deneka - Edmonton

Winter	2011	Yoga As Science - A Study of the Iyengar Method	Siegfried Bleher - West Virginia
Autumn	2011	A Reflection on the 2011 AGM of the IYAC	Barb Deneka - Edmonton
Autumn	2013	Book Review: Light on Pranayama by BKS Iyengar	Judith Mirus - Edmonton
Spring	2014	An Overview of Yogacarya BKS Iyengar's "Jnana in Asana: Experiential Knowledge"	Sharoni Fixler - Calgary

LINEAGE: KRIPALU

Winter	2017	Kripalu Yoga	Dina Pereira - Hamilton
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LINEAGE: KUNDALINI

Winter	2014	Kundalini Yoga As Taught by Yogi Bhajan	Tracy Gawley - Calgary
Autumn	2014	Kundalini Yoga as a Path to Addiction Recovery	Sat Dharam Kaur & Caroline Haverkort

LINEAGE: TANTRA YOGA

Autumn	2015	Book Review: <i>The Radiance Sutras: 112 Gateways to the Yoga of Wonder & Delight</i> by Lorin Roche	Jodi Ouellette - Calgary
Spring	2020	The Feminine Face of Yoga	Anne Douglas - Banff

MEDITATION

Spring	2010	Where Am I Supposed to Feel This?	Kavindu - Mexico City
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
Autumn	2013	Why Mindfulness Isn't a Good Thing (or New)	Stephen Schettini - Quebec
Winter	2014	Mindfulness: Reflections on a Conference w/Thich Nath Hanh	Oda Lindner - Ontario
Winter	2015	Mindfulness in Education	Michelle Johnston - Edmonton
Winter	2015	Meditation in the YAA-TTP	Donalee Campbell - Sherwood Park
Spring	2015	Book Review: Poems for Meditation; An Invitation by Antoinette Voute	Roeder
Winter	2016	Embodied Mindfulness	Glenda Sartore - Sherwood Park
Winter	2016	The view from the Centre	Kat Boehm - Edmonton
Winter	2017	BodySensing	Mike George - Cotswolds, England
Spring	2017	BodySensing: Taking "Feel your body" to a whole new level	Anne Douglas - Banff
Spring	2017	The journey of mindfulness into the public eye	Kirsten Guest - BC
Spring	2017	Book review: The iRest program for healing PTSD: A proven effective approach to overcoming trauma by Richard Miller	Anita Sielecki - Edmonton
Spring	2017	Meditation using natural wisdom	Jodi Ouellette - Calgary
Spring	2018	Have YOU chosen your silence?	Kavindu - Mexico City
			Mike George - Cotswolds, England

POETRY

Winter	2012	Welcome Home	Debbie Spence - Edmonton
Spring	2012	The Gardener	Phil Paradis - Edmonton
Autumn	2012	Offerings	Wendy Grant - Golden, BC
Autumn	2012	No	Wendy Grant - Golden, BC
Winter	2013	Air Travel	Cindy Gibson - Banff
Winter	2013	Ode to Yoga Equipment	David Wilson - Edmonton
Autumn	2013	False Growth	Phil Paradis - Edmonton
Winter	2014	The Artist	Debbie Spence - Edmonton
Spring	2014	Flower Meditation: A Present for You	Janet Pearce - Edmonton
Spring	2014	I Have a Visitor	Angelika Hoffman - Edmonton
Spring	2015	Not a Christian, or Jew or Muslim	Mevlana Jalaluddin Rumi
Autumn	2015	Buddha in my Garden	Anne Douglas - Banff
Winter	2018	Song of the soul (Shri Adi Shankara, <i>Atma Satakam</i>)	Shri Adi Shankara
Spring	2019	Beyond Matter	Debbie Spence - Edmonton
Autumn	2019	Lighting the Way - honouring Gerda Krebs	Debbie Spence - Edmonton

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PRANAYAMA

Winter	2011	Deep Breathing Techniques	Friedel Khattab - Edmonton
Winter	2016	The Breath is Life's Teacher	Donna Martin - Kamloops, BC

SOUND

Winter	2010	CD Review: Keeping Me Close by Debbie Spence	Peter Windel - Edmonton
Spring	2010	Sonic Yoga: Sound, Mind & Body	Don Hill - Edmonton
Autumn	2010	Flirting With Ecstasy: Yoga for the Voice	David Wilson, Edmonton
Autumn	2013	Chanting: Sound Medicine for the Modern World	Pamela Alexander - Calgary
Autumn	2013	CD Review: A Deeper Light by Deva Premal and Mitten	Tracy Gawley, Calgary
Winter	2014	CD Review: Merged – A Morning <i>Sadhana</i> with Tracy	Gawley Pamela Alexander - Calgary
Winter	2017	<i>Mantra</i> : A way to create quietude in your life	Dianna Martin - Red Deer

THE YOGA ASSOCIATION OF ALBERTA

Autumn	2010	YAA Code of Ethics	YAA administration
Winter	2014	For the Love of Yoga: Reflections in the Past, Present,	Future Marcia Langenberg - Edmonton
Winter	2014	The Yoga Association of Alberta - My Yoga Lifeline	Val Kunimoto, Lethbridge
Winter	2016	President's message: "This is how it is"	David - Calgary
Winter	2016	Origins: 40th anniversary of YAA '76-'16	Marcia Langenberg - Edmonton
Winter	2016	Teacher training & certification: Seasons of change	Donalee Campbell - Sherwood Park
Spring	2016	Who's Who: 40th Anniv. of YAA (presidents, admin.,	int'l teachers) Debbie Spence - Edm.
Autumn	2016	Editor's message.: <i>Yoga Bridge</i> editorial process	Marcia Langenberg - Edmonton
Autumn	2016	YAA Strategic Planning Survey 2017-2021	Karen Kirkwood - Edmonton
Autumn	2016	YAA 40th AGM: Executive Director report	Debbie Spence - Edmonton
Autumn	2016	YAA 40th AGM: Teacher Training and Certification	Donalee Campbell - Sherwood Park
Autumn	2016	YAA 40th AGM: Tribute to Debbie Spence	Marcia Langenberg - Edmonton
Autumn	2016	YAA 40th AGM: Yoga Bridge Newsletter report	Marcia Langenberg - Edmonton
Winter	2017	President message: YAA history	David McAmmond - Calgary
Winter	2017	Teacher training and certification: Lineage in the YAA	Donalee Campbell - Sherwood Park
Spring	2017	Yoga Bridge issues 2015-2016: A Summary	Marcia Langenberg - Edmonton
Autumn	2017	President's message: Is it all about the finger?	David McAmmond - Calgary
Autumn	2017	Editor's message: My Yoga journey	Norm Cowley - Edmonton
Autumn	2017	Teacher training and certification: Ethics in the Yoga	community. Donalee Campbell
Autumn	2017	Sun shines on YAA's Yoga in the Park	Debbie Spence - Edmonton
Winter	2018	TTP & Certification: Program updates	Donalee Campbell - Sherwood Park
Spring	2018	TTP & Certification YAA is Yoga Alliance RYS-200	Donalee Campbell - Sherwood Park
Autumn	2018	Why Yoga instructors should have insurance	Toole Peet & Co Ltd - Calgary
Autumn	2018	AGM Minutes: David Maulsby - Calgary &, Norm	Cowley & Debbie Spence - Edmonton
Spring	2019	Raising the Bar on YAA Certification Standards	Donalee Campbell - Sherwood Park
Winter	2020	YAA TTP Apprenticeship Model:	Donalee Campbell - Sherwood Park
Spring	2020	Teacher Tribute Series: YAA Honours our Teachers	Anita Sielecki - Edmonton
Spring	2020	Honouring our teachers 1. Sandra Sammartino:	Erin Michie - Edmonton
Spring	2020	Honouring our teachers 2. Richard Miller	Marthe Murphy - Edmonton
Spring	2020	Honouring our teachers 3. Rosemary Jeans Antze	Marcia Langenberg - Edmonton
Autumn	2020	President's report: Sharpening our Yogic tools	David McAmmond - Calgary
Autumn	2020	YAA Annual General Meeting virtual debut	Debbie Spence&Donalee Campbell
Autumn	2020	YAA Survey: Teacher's Comments	YAA administration

YOGA ONLINE INSTRUCTION

Spring	2018	Time tested practice can survive popular online yoga	presence Anne Jablonski - Virginia
Autumn	2020	Pandemic tests studio's peaceful practice	Melanie Checknita - Edmonton

YAA YOGA OUTREACH

Spring	2010	Yoga at the Women's Prison	Francesca Wildman - Edmonton
Spring	2010	Yoga Outreach	June Knobel - Leduc
Winter	2011	Yoga Outreach: A Change	Judy Murphy & June Knobel
Winter	2012	Yoga Outreach Program History	Marcia Langenberg - Edmonton
Winter	2012	Insights from Outside City Limits	Mary Leblanc - Duffield
Winter	2012	Care to Dance	Judy Murphy - Edmonton
Winter	2012	Reaching Out with Yoga in Rural Alberta	Jennifer Miller - Wainwright
Autumn	2012	Yoga in Alberta Prisons	Debbie Spence - Edmonton
Autumn	2012	Why I Do It?	David McAmmond - Calgary
Autumn	2012	Yoga on the "Inside": An inmate's story	Allistair Middleton - Edmonton
Autumn	2012	Going to Jail Today	Kelly Boys - California
Winter	2013	Part 1: Juan Carlo's Yoga Journey	Anita Sielecki and David McAmmond
Winter	2013	Part 2: Juan Carlo's First Restorative Yoga Class	Juan Carlos - Mexico City
Winter	2013	Three Women's Stories	Judy Murphy - New Brunswick
Autumn	2015	Yoga in Schools Residency Pilot Project (YSRP)	Debbie Spence - Edmonton
Autumn	2016	YAA Prison outreach prog. I: Teaching Yoga inside & outside	Fran Wildman - Edmonton
Autumn	2016	YAA Prison outreach prog II: Meditation and song	Debbie Spence - Edmonton
Autumn	2016	YAA Prison outreach prog III: Remand outreach	Barbara Breau - Red Deer
Spring	2019	Yoga Outreach: Where do your donations go?	Debbie Spence - Edmonton
Autumn	2019	YAA Outreach at Alberta Institutions	Paul Yapp - Edmonton
Autumn	2020	YAA Outreach connects with Indigenous Youth	Sara Hastings Morris - Edmonton

YOGA RELATED TOPICS

Winter	2010	Weaving Yoga and Expressive Art	Yona McGinnis, Edmonton
Spring	2010	The Intention to Seek Joy	Erin Michie, Calgary
Spring	2010	Perfection and Yoga: A Reflection	Pam Moskie, Camrose
Autumn	2010	Labour of Love: Owning & Operating a Yoga Studio	Irene Chan - Edmonton
Winter	2011	Staying Connected in the Holiday Season	Pam Moskie - Camrose
Spring	2012	Yoga for Survival Training	Friedel Khattab - Edmonton
Spring	2012	Can Yoga Really Wreck Your Body?	Erin Michie - Calgary
Autumn	2012	Thirty-Six Years of Yoga and Not Done Yet	Lawrie Smith - Edmonton
Spring	2013	The Inward Journey of Yoga	Oda Lindner - Ontario
Spring	2013	A Spiritual Practice	Deana Koebernick - Edmonton
Winter	2014	Sraddha – A Personal Study	Barbara Hagen - St. Albert
Autumn	2014	5 Things to Learn From Being Mistaken for a Pregnant Woman	Caitlin Jackson - Edmonton
Winter	2015	Practice of Awe	Anne Douglas, Banff
Winter	2015	President's Message: Illusion, Imagination, Reality	David McAmmond - Calgary
Spring	2015	President's Message: Liberation	David McAmmond - Calgary
Spring	2015	Sensing the Sacred: Gurukulum Advaita Vedanta	Neil Dalal and Jillian Elizabeth
Spring	2015	A Living Example of Patanjali's Yoga Sutra I.33	Barb Deneka - Sherwood Park
Winter	2016	From the Gita to the Grail: Exploring Yoga stories and Western myths, by Bernie Clark	Marion (Mugs) McConnell - Cardston
Spring	2016	An essential element of a spiritual path	Robin Campbell
Spring	2016	Positive Thinking: Common sense or metaphysics?	Val Paape - Winnipeg
Spring	2016	Book Review: Yoga therapy for backs: a practical guide, by David McAmmond with Anita Sielecki	Lonnie DeSorcy - Calgary
Autumn	2016	The Starfish Story	Loren Eiseley
Winter	2017	Letters from the Yoga masters: Teachings revealed, by Marion (Mugs) McConnell	Bernie Clark - Vancouver, BC
Autumn	2017	Edmonton's last Bikram studio faces a dilemma	Norm Cowley - Edmonton
Autumn	2017	Yoga still in infant stages in Western world: Peyrow	Norm Cowley - Edmonton
Winter	2018	Reflections (reprinted with permission IYCV)	Shirley Davenport French - Victoria, BC

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Autumn	2019	Book Review: Practice and All is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond by Matthew Remski	David McAmmond - Calgary
Autumn	2019	Yoga Trapeze	Jennifer Steed - Edmonton
Spring	2020	The Five Tibetans	Krista Power
Autumn	2020	<i>Samyama</i> : A fictional piece of non-fiction	Lawrence Dombro - Edmonton

YOGA STYLES

Winter	2010	iRest Yoga Nidra: Living the Yogic Path with iRest Yoga Nidra	Kathleen Ludwig - Calgary
Autumn	2010	Wisdom Yoga	Oda Lindner - Ontario
Spring	2011	An Interview with Sri Dharma Mittra, New York	Dharma Yoga Center
Winter	2012	Book Review: Heart Yoga by Karuna Erickson and Andrew Harvey	Vickie MacArthur - Lethbridge
Winter	2013	Laughter Yoga	Anna Radyo - Edmonton
Winter	2014	Book Review: Move the Body, Stretch the Mind by Judy Murphy	Candice Jackson - Edmonton
Spring	2014	iRest Yoga Nidra: Taking Retreat into Daily Life	Kirsten & Ross Guest - Kimberley, BC
Spring	2014	What is Hatha Yoga?	Donalee Campbell - Sherwood Park
Spring	2014	Juice Fasting – A Yoga Practice	Keely Scott - Edmonton
Winter	2015	Book Review: Yoga Fiction, Yoga Truth by Sandra Sammartino	Claudia Istvanffy - Calgary
Spring	2015	Svaroop Yoga	Rosemary Nogue -Calgary & Louise Harkema - BC
Autumn	2017	Explaining the Yamas and Niyamas	No author attributed
Autumn	2017	Book review: Yoga with Linda and Shaun by Linda Dumont and Shaun Giroux	Angelique Branston
Spring	2018	Book review: Inner engineering: A Yogi's guide to joy by Sadhguru	Brian Olajos - Red Deer
Autumn	2018	Book review: Yoga of the subtle body by Tias Little	Sandy Ayre - Edmonton
Autumn	2018	Where does our modern Yoga come from?	Oda Lindner - Ontario
Autumn	2019	Yamas and Niyamas - Quintessential in the path of yoga	Neera Prashar - India
Winter	2020	Karma Yoga: The missing ingredient	David McAmmond - Calgary

YOGA TEACHERS / PRACTITIONERS / STAFF

Spring	2011	In Memory of Maya-Margo	Swami Veda Bharati - Rishikesh, India
Spring	2011	Maya-Margo Eulogy	Keely Scott - Edmonton
Spring	2011	Members' Memories – Maya-Margo	YAA Members
Autumn	2011	Obituary – Joe Thibault	Carol Fedun - Edmonton
Autumn	2011	Gerda Kreb's 80 th Birthday	Chris Erdmann Boyko - Edmonton
Winter	2012	Excerpts from Speeches Given at Rick Hyndman's Memorial Service	No author attributed
Spring	2014	Deana Kathleen Bard - In Memoriam	Erin Michie - Edmonton
Autumn	2014	Teacher Profile: Alberta's Yoga Baba Helen Eshpeter	R. Miller, S. Sammartino, K. Hamdon, P. Feinstein, D. Spence
Winter	2015	Tribute: Anita Sielecki:	Debbie Spence - Edmonton
Winter	2015	Darlene Krahn	Judith Mirus, Margot Kitchen, Teddy Hyndman
Winter	2015	In Memoriam to Mr. B.K. S. Iyengar:	Carol Fedun - Edmonton
Spring	2015	A Jewel in the Crown – Dr. K. D. Prithipaul	Beth McCann - Edmonton
Spring	2015	In Memoriam – Joan Fargey	Paula Carnegie Fehr & Ann Waschuk
Autumn	2015	Grace Little Tribute:	(March 24, 1933 - July 14, 2015)
Autumn	2015	Swami Veda Bharati: A Life of Service, a Life of Love	Keely Scott & Dave Downing -
Winter	2016	Isa Duxbury: My mentor and friend	Sandrine Pollock
Spring	2016	Remembering Friedel Khattab	Karen Hamdon - Edmonton
Autumn	2016	Bonnie Dunbar - Devoted Yogini and friend	Sarah Aberdeen - Calgary

Winter	2017	Shirley Johannesen - Canadian Yoga pioneer	Donna Lynn Brown - Winnipeg
Winter	2017	Donna Martin - a YAA interview	Gaye Oxford - Edmonton
Autumn	2017	Honouring YAA teachers: Teddy Hyndman	Judi Mirus - Edmonton
Autumn	2017	Honouring YAA teachers: Mary LeBlanc	Martha Miller - Edmonton
Winter	2018	Pranayama teacher chooses different path	Norm Cowley, Neeru Prashar
Winter	2018	Life experiences alter Theoret's beliefs	Norm Cowley - Edmonton
Spring	2018	Mudrās, Mantras, Vinyāsas, Meditations	Marion (Mugs) McConnell - Cardston
Spring	2018	Memoriam: YAA founding member Hilda Pezarro	YAA staff (with files from IYC Victoria)
Spring	2018	Memoriam: Barbara Ross	Sonja Evans & Sappho Balfour-Calgary
Autumn	2018	Margot Kitchen:	Cynthia Palahniuk - Calgary
Spring	2019	In Memoriam: Geeta S. Iyengar 1944-2018, Pune, India	Judith Mirus - Edmonton
Spring	2019	Grandfather of Yoga: Profile: David McAmmond	Lonnie DeSorcy - Calgary
Autumn	2019	Blueprint of a Yogi: Ken Strachan	Megan Strachan - Edmonton
Winter	2020	Val Kunimoto's long-distance lifeline to Yoga (profile)	Norm Cowley - Edmonton
Autumn	2020	June Alexander: Still going strong at 101	Anita Alexander - Edmonton
Autumn	2020	Book Review: Om Canada by Valery Petrich	Norm Cowley - Edmonton

YOGA TEACHING

Spring	2011	Elements of a Good Teacher	Donalee Campbell - Sherwood Park
Autumn	2013	Teacher Training Program (unsolicited review)	Alisa Doell - Edmonton
Winter	2016	The practice of Patanjali's 8 fold path of Yoga in HY Class	Dana Moon - Edmonton
Autumn	2016	Dos and Don'ts of teaching Yoga in schools:	Donna Freeman - St. Albert
Winter	2017	Yoga for gender and sexual diversity	Pippa Feinstein - Toronto

YOGA TEXTS

Autumn	2010	Bhagavad Gita: Context & Significance, Study of Yoga	Linda Bock - Edmonton
Autumn	2010	Sutra Study 501, Book Review: The Yoga Sutras of Patanjali by Edwin F. Bryant	Judith Mirus - Edmonton
Spring	2012	Book Review: The Bhagavad Gita: by Georg Feuerstein	Corinne Milroy - Edmonton
Winter	2013	The Bhagavad Gita: Yoga of Devotion, Bhakti Yoga	Lawrie Smith - Edmonton
Winter	2017	New light on Patañjali	Dominik Wujastyk - Edmonton
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 17 Mar 2017)	Jaqueline Hargreaves

YOGA THERAPY

Winter	2010	Book Review: Waking: A Memoir of Trauma & Transcendence by	Matthew Sanford Irene Chan - Edmonton
Winter	2011	Tips, Tricks & Considerations for Getting Out of Pain	Susi Hatley- Calgary
Spring	2013	Few People Think	David McAmmond, Calgary
Autumn	2014	Book Review: Overcoming Trauma Through Yoga by	David Emerson and Elizabeth Hopper Brandy Basity - Edmonton
Winter	2015	Healing Art of Yoga	Oda Lindner - Ontario
Autumn	2015	What is Hormone Yoga Therapy?	Karen Jacobsen - Edmonton
Spring	2016	Critical alignment Yoga Therapy	Jennifer Strukoff - Calgary
Winter	2018	A Yogic way to prepare the body for autumn/winter seasonal change: interview with Richard Miller	Gaye Oxford - Edmonton
Spring	2019	Hormone Yoga Therapy:	Corinne McNally - Edmonton
Autumn	2019	Integrative Chakra Therapy (ICT)	Susan Quan - Calgary
Winter	2020	Yoga has age-old connection to mental health	Pam Moskie - Camrose