



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

YOGA BRIDGE

CONNECTING MIND & BODY

WINTER 2022 VOLUME 22 ISSUE 1



WINTER 2022

Please reserve the date to join us in 2022:

Friday October 14 (evening) to Wednesday 19 (evening)



Richard Miller

No Mirror to Polish

A special retreat live streamed to your home space

*“Why talk of attaining and not attaining.
Let erroneous thinking perish. Then nothing remains to seek or
prevent happiness from arising in every moment.”
—Huang Po, 9th Century*

Meditation does not entail journeying to another abode
or realizing some higher spiritual self.

It entails realizing that there is no mirror that needs polishing to awaken as
our essential nature. Here, suffering eases and unconditioned joy, peace, love,
and equanimity blossom. This is the way of love. This is the way of enlightenment.

This is the path of harmony.

*This retreat engages practices of Body and BreathSensing yoga, prolonged periods
of meditation, iRest® yoga nidra, and spirited self-inquiry that reveal and celebrate
awakening not as an achievement, but as our ever-present presence in which
we experience our true home in the Mystery we call life.*

Price TBA. If interested in participating, please register your name at:
<https://yoga.ca/product-category/workshops-classes/> We shall notify you of any updates.

For more information contact Anita (780) 432-7152 or sielecki@hotmail.com

*Richard Miller is a world-renowned spiritual teacher, author, yogic scholar, researcher and
clinical psychologist who has blended the non-dual teachings of Yoga, Tantra, Advaita, Taoism,
and Buddhism with Western psychology and neuroscience.*

YAA EXECUTIVE

President

David McAmmond

Past-President

Anita Sielecki

Vice-President

Karen Hamdon

Secretary

David Maulsby

Treasurer

Erin Michie

Calgary Member-at-Large (MAL)

Nancy Hong

Peter Skirving

Lethbridge MAL

Rachel Foster

Val Kunimoto

Red Deer MAL

Paula Carnegie Fehr

The Yoga Bridge
Newsletter is published by
The Yoga Association
of Alberta

Percy Page Centre
11759 - Groat Road
Edmonton, AB T5M 3K6
Tel: 780-427-8776
E-mail: yogaab@telus.net
Website: yoga.ca

Volunteer Editor

Dave Downing

Editorial Board

Kim Fraser

Judith Mirus

Anita Sielecki

Debbie Spence

Layout and Design

Zuzana Benesova

Debbie Spence

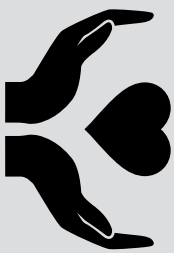
Funding

The Y.A.A. gratefully acknowledges
financial support from the Alberta
Government Culture, Multiculturalism
and Status of Women



CONTENTS

Editor's Message: YAA Yoga Bridge.....	5
Dave Downing	
Book Review: <i>Breath: The New Science of a Lost Art</i>	6
Liam Perdue (book by James Nestor)	
45th AGM Reports.....	8
Debbie Spence, Donalee Campbell and Dave Downing	
An Iron Will is Sometimes Not Enough.....	11
Dave Downing	
In Memorium: David McAmmond Feb 7, 1944-Sep 29, 2021 "Grandfather of Canadian Yoga": A reprint of an article first published in Spring, 2019 <i>Yoga Bridge</i>	12
Lonnie DeSorcy	
"Huuuge".....	15
Ana Marti, Mexico	
Memories of David McAmmond.....	16
Margot Kitchen	
David McAmmond Autobiography	19
Kavindu Remembers David	20
Kavindu, Mexico	
YAA Teacher Training Information.....	22-23
In the McAmmond Tradition: A Practice and a Story, Always a Story.....	24
Anita Sielecki	
And Then A Practice.... Mobilization of Shoulder Joints.....	28
David McAmmond and Anita Sielecki	
Sister Water.....	35
Felicia Ochs	
Calendar of Events:	36-40
YAA Yoga Props:	41-43



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

ILLUSTRATION DESIGNED BY FREEPICK.COM

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

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

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 are submitted but not included in the newsletter.

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

CIRCULATION: 1,600

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, CMYK for colour ads. 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.

Advertising Deadlines (3 issues/year):

March 1, August 1 and November 1.

Article Submission Deadline: Consult with yogabridgenewsletter@telus.net
Newsletter circulation is approximately one month after deadline.

EDITOR'S MESSAGE

YAA Yoga Bridge

By Dave Downing, Volunteer Editor In Service

Normally, we present an array of articles on various yoga-related topics in this newsletter. However, there has been a death in the YAA family of one of our founding members. On September 29 2021, David McAmmond left us suddenly. David was involved in the YAA since its inception in the 1970's. As current YAA President, leader of the long-running *Deepening your Practice* Retreats, Teacher Trainer, mentor and long-time guide on the path of yoga for many of us, he was like a father figure to us all. He was also a beloved international teacher who influenced thousands of students during his 50+ years of practicing yoga. And through the teachings of those students, who knows how far out the ripples of his influence have extended?

This issue includes tributes to David from some of his close friends; numerous other tributes will be published on an on-line page on the YAA website, and that is a work in progress. This issue also includes the minutes of the last Annual General Meeting that David presided over as our President which is perhaps fittingly part of the Winter 2022 newsletter. Winter is a season when we are inclined by the falling light and colder temperatures to turn inward, reflect on the cycle of earthly existence and contemplate who and what is important to us. And for those of us who didn't have the good fortune to know and study with David (myself included), we might reflect on those teachers in our own lives who made a difference.

Winter is a quiet, dormant time, but the promise of new life lies beneath the ice and snow. The breath of everything tends toward a slow and measured state; the book review by Liam Perdue may provide you with inspiration about that most essential element of life. And below the ice, streams flow and

lakes breathe, and Felicia Ochs has written a poem about the feminine magic of water.

Looking toward the season of renewal, I would like to plant an idea for the Spring 2022 newsletter. It involves the mutual support we can extend to each other in our *sangha* of some 1600 members and we've done this before in the Fall 2021 newsletter. I have included a short submission on page 11 that some readers might find interesting. It might move you to share your experiences with physical, mental and spiritual challenges in the same way that we shared our experiences with Covid-19 in the form of short (about 250 words) submissions of prose, poetry or images. The Winter 2021 Yoga Bridge editorial provides guidelines. If you want to remain anonymous, that's fine. Longer articles are also invited; please see the guidelines on the YAA homepage (<https://yoga.ca/newsletter/>) for those. Please send your submissions to me (yaanews@telus.net). You never know who you can help; that's the essence of karma yoga. We (I and the editorial board) promise that editing will be light for short submissions unless there are ethical or advertorial concerns.

THIS JUST IN!! (November 22, 2021). Debbie Spence tells me that Donalee Campbell will be relieving her assuming the mantle of YAA's Executive Director on December 15, 2021. There were over 20 applicants for the position, all with excellent qualifications. It was a tough choice, but Donalee's background, dedication and extensive knowledge of the YAA culture (she coordinated the YAA Teacher Training and Certification Program for the last 12 years) gave her the edge. Welcome, Donalee, and I'm sure I speak for all when I say thanks with gratitude to Debbie for decades of service. She will remain an invaluable asset to the YAA in whatever role she chooses to fill.

BOOK REVIEW

Breath: The New Science of a Lost Art

by Liam Perdue

Breath: The New Science of a Lost Art by James Nestor. Riverhead Books, NY, 2020. Reviewed by Liam Perdue.

Several years ago a young documentary maker put himself in jeopardy by filming his personal experiment of eating only foods from the golden arch franchise. “Supersize Me” was an amazing look at how much that diet affected the life of a previously healthy man in various and awful ways. In his book “Breath”, James Nestor describes how he and his fellow



pulmonaut (=breath explorer) Anders Olsson took similar risks by actually paying to take part in an experiment at Stanford University in which they were only allowed to breathe through their mouths for a period of 11 days!

In the relatively short-lived experiment both men suffered severe and potentially dangerous changes to their well being. It was spellbinding to follow the book description of their voluntary suffering. I was hooked on finding out everything else that these risk-taking explorers experienced in the desire to personally understand why proper breathing is the most important aspect of our health that we are able to influence. Spoiler Alert! Within two days of returning to natural breathing through the nose, their apnea, low blood pressure, dizziness, constant discomfort, inability to think straight or even smell, all returned to normal. Nestor’s conclusion is that mouth breathing is harmful and unnatural but appears to be increasing across modern society.

There is a specific design within the architecture of the nose that explains why it is the safest way to breathe. The upper nose has three ridges on each side composed of scroll-like spongy bone called

turbinates. These effectively guide all incoming air over a much larger surface area, rather like following a maze is longer than walking in a straight line. As well, the spongy tissue allows each side of the nose to respond by opening or closing the actual amount of space available for the air to pass through. This is the basis of alternate-nostril-breathing (*nadi shodhanam*) as a method to boost or reduce the flow of *prana*.

But more than that, in his book Nestor states that: “To breathe is to absorb ourselves in what surrounds us... Respiration is, at its core, reciprocity”. The five central chapters of the book focus on techniques to expand the lungs, develop the diaphragm, flood the body with oxygen, hack the autonomic nervous system, stimulate immune response and reset chemoreceptors in the brain. We learn about dozens of historical pioneers of breath study that have largely been ignored by mainstream science.

Nestor has immense curiosity and the resources to follow up on his interests. The second section of this volume focuses in some detail on several of the techniques that Nestor explored in order to more completely understand breath research. It is extremely interesting to read the “hidden history” of those curious humans who investigated their own respiratory systems.

George Catlin, the American painter who spent the 1830s documenting Native American life on the Great Plains, is a prime example. His book, *The Breath of Life*, told his own story of recovery from respiratory problems and attributed his longevity to one great secret of life he had learned from the Amerindians he painted: to always breathe through the nose.

We hear about Konstantin Buteyko, a medical doctor in the Soviet Union who was active after the 2nd World War. He believed that the sickest people he treated were breathing “too much”. Eventually he was able to set up a clinic, test thousands of different people and develop his own therapy to teach the suffering how to breathe less and bring carbon dioxide levels into a better balance. The fact that too little carbon dioxide was a problem opened a whole world of possibilities. As a result of his research we now know how important the proper balance of carbon dioxide is in maintaining good health. After years of research and experimentation he came to the conclusion that putting stress on the breath was an excellent way to create habit change. As we know, holding the breath can create anxiety and, in a unique approach, that is how the Buteyko method uses this stress to create positive change.

John Douillard, a chiropractor in Denver, who taught athletes to perform without mouth breathing in aerobic sports, broke into an entirely new method of training. Another system Nestor investigated is taught by a current YouTube sensation - “the teeman” Wim Hof - a bold Dutch coach who has plenty of ideas about how better breathing will initiate all kinds of positive changes. Check him out and be entertained...

From a traditional yogic perspective there are a couple of breathing “hacks” that I have found useful but are not mentioned in this book. One of them is the regular use of a neti pot*. There is currently an expensive medical version available, but no need to waste your money! A simple neti pot (mine is plastic) filled with pure warm water and a touch of salt can do wonders to clear blocked and stuffy nasal passages. Because the water goes in one side and out the opposite side, it provides a complete irrigation of those crucial turbinate areas that were mentioned earlier.

The other hack I discovered while watching NFL football I started to notice that some of these athletes had what appeared to be a band-aid across the lower part of the nose, on the cartilaginous part just above the flare. Upon investigation I found that this was a product called “Breathe Right” which gently lifts the nasal passages to allow more air

flow. Good news - it works!! During allergy season it can really help. The product is available at most pharmacies and the original has been knocked off in cheaper versions that work as well as the original.

As the book winds down Nestor makes another pilgrimage, this time to Brazil, to meet a well-known yogi, Luiz DeRose. There is a sense of full circle as Nestor gets to meet the yogi but has to communicate through a translator. Nestor has questions, many of them generated by all the ideas he has been exposed to and to his own inquiring mind which is now brimming with all the potential possibilities—perhaps far too many for one person to master in one lifetime.

Well, what actually happened in that encounter? Master DeRose tried to disabuse Nestor of any magical thinking about the yoga practices. “They were never designed to cure problems. They were created for healthy seekers to climb the next rung of (human) potential.” His response doesn’t mean that yoga can never be used to rehabilitate what has previously been lost and restore well-being to the body-mind. The final words of the interview give us a perspective that all of us can use and remind ourselves daily: “The key...to any breathing practice rooted in ancient yoga is to learn to be patient, maintain flexibility, and slowly absorb what breathing has to offer.”

What does all of this mean for you, dear reader? Well, that depends. It could mean nothing more than another entertaining book about some risk takers in another part of this world—or it might inspire you to take seriously the challenge of becoming intimate with breathing, rather than taking it all for granted; to begin or continue to actually practice and enjoy your very own beautiful breath.

Liam Perdue has been breathing since birth and remains curious about its simplicity, complexity, and central importance to a vital life. He can be reached at canuckhoza@gmail.com. Neti pots (plastic and ceramic) and neti salt are available for purchase from the YAA at <http://www.yoga.ca/yaa-store>.

45th AGM Reports

by Debbie Spence, Donalee Campbell & Dave Downing



EXECUTIVE DIRECTOR REPORT 2020 PREPARED BY DEBBIE SPENCE

Once upon a time, an old, dying man had four sons who were always fighting and competing with each other. He worried about them and wanted to teach them a lesson. He prepared a bundle of sticks and asked his sons to come to him. Once they had gathered together, the old man asked them, "Can you break these sticks?" The first son tried very hard to break the bundle but nothing happened. He finally gave up. Then it was the second son's turn to try his luck. He thought it would be an easy task and picked up the bundle of sticks. He tried his best to break them but nothing happened. Next, the third son tried to break the bundle of sticks, but he couldn't do it either. Meanwhile, the fourth son had the idea to take one stick at a time from the bundle and easily broke them all! The father smiled at his sons and said, "Children, do you understand what happened? It is always easy to break the sticks one by one. But when they are bundled together, none of you could break them. In the same way, you four brothers should always support each other and work together. You will be stronger and safer." The four brothers realised what their father was trying to teach them and let go of all their enmity towards each other and learnt that there is strength in unity.

Moral: When you work together, you are stronger. Unity is a form of Strength. And so it was, that 45 years ago, pioneer yogis in Alberta understood this truth and united together, regardless of their diverse yoga lineages, training or traditions. David McAmmond reflects that, "Back in the 60s and 70s, if you were doing yoga, you were a member of the YAA." There were 70 members total!

The same lesson of "strength in unity" applies to the YAA today. There are tens of thousands of yogis

in Alberta, practicing in more than 35 different traditions and styles of yoga, many of whom can trace their roots back to those original YAA pioneer teachers. The YAA has the unique distinction of being the first and currently the only umbrella Yoga Association in Canada and is the envy of many teachers in other provinces. Let's continue to work together to keep the YAA's legacy alive. Unity is Strength.

This year, of course, no report would be complete without acknowledging the effect COVID-19 has had on the yoga industry provincially and worldwide. Once everything was shut down in mid-March, it wasn't long before ZOOM literally ZOOMED into our lives. Now most yoga teachers, including many in their 70s and 80s, have pivoted their yoga classes onto an online platform and are quite comfortable teaching this way! The YAA helped out by purchasing Zoom licenses at a significant discount for teachers and offering a Free introductory and Advanced workshop on Zoom usage taught by Donalee Campbell that has been viewed by over 130 YAA members. Feedback has been positive with most YAA events being held online.

However, even with online platforms, when we asked teachers in a recent survey, "Do you believe that COVID-19 had a permanent impact on your yoga teaching? Your livelihood?" 80% reported permanent impact on their teaching opportunities – some have lost yoga jobs permanently and have had to change careers. Over 90% of respondents had reduced income in 2020 compared to 2019. It will take some time to recover from these devastating losses.

YAA STRATEGIC DIRECTION 1: MAINTAIN AND FURTHER OUTREACH PROGRAMS: MAXIMIZE OPPORTUNITIES FOR MARGINALIZED ALBERTANS

Outreach programs at Remand Centres, CANDORA, Seniors centres, schools, etc. were put on hold. We applied for grants so that once things open up we are ready to relaunch. The YAA was successful in securing over \$80,000 in grant money. Thanks to Nancy Hong, David McAmmond, Anita Sielecki & Felicia Ochs for their input. The YAA thanks those who donated a total of over \$3,500 this year. If you wish to donate, Official Income Tax receipts are provided.

YAA STRATEGIC DIRECTION 2: PROMOTE THE YAA: MARKETING AND COMMUNICATION

At Dec 31, 2020: there were 1,200 YAA members in 111 Alberta cities/towns plus over 400 first time members. This was an 11% increase from 2017. City of Edmonton Wellness for Staff online event in October 2020 and May 2021 connected with over 500 employees.

Social Media: The YAA continues to push our existence on all social media platforms. If anyone has suggestions or would like to be involved, please let the office know. yogaab@telus.net

YAA STRATEGIC DIRECTION 3: BE AN EFFECTIVE ORGANIZATION: CONSIDER HUMAN RESOURCE CAPACITY AND INCREASE FUNDING, TIGHTEN BUDGET

- The YAA has gratefully received operating grants from the AB government Ministry of Culture, Multiculturalism and Status of Women for over 30 years. This money is used to run the association (partially pay for salaries, buy hardware, office cost, etc.). A VERY big thank you to all teachers who completed the Directory survey for our reports. Applied and received Federal Government Canada Emergency Wage Subsidy.
- We experienced a 12% increase in sales as people bought props for home practice. Office hours: Mondays and Thursday 9:30-2pm for in-person sales, or your orders can be mailed to you.
- Used books fundraiser: Books at 50% list price can be purchased from the office store or mailed.

- Run your workshops through YAA: In this scenario the YAA takes care of all aspects of organization, registration and marketing, and provides the Zoom platform. After expenses, the net income is split 70:30 between Teachers and the YAA. Several teachers have found this to be a win:win arrangement! Let us know if you are interested.
- E-transfers save the YAA between \$1,500 and \$2,000/year in credit card charges. Thank you!
- Long and short-term investments are important to create reserve for the Association to cover unforeseen events. Surveys of non-profits indicate that lack of funds was one of 5 #1 concerns moving forward. The YAA Executive in its wisdom has chosen to keep a positive balance for just such occasions as COVID 19.
- Some comments from YAA teachers:
 - I appreciate the support that the YAA has offered during this [COVID] time to the AB yoga community.
 - The YAA has been providing solid foundations in training for beginning and established teachers for many years. I still appreciate the expertise, enthusiasm and depth of what is offered through senior YAA teachers and programs; unique in North America for high standards and flexible programming.
 - The YAA is dedicated to providing opportunities to Albertans who have little to no exposure to the health & wellness benefits yoga provides.
 - Funders: Please continue to support YAA. In times of stress, it provides comfort, encouragement and solace. YAA provides great support to yoga teachers and provides great workshops/training and an informative newsletter to yoga teachers in Alberta and beyond.

TTP & CERTIFICATION ~ PREPARED BY DONALEE CAMPBELL

YAA STRATEGIC DIRECTION 4: MAINTAIN & FURTHER TEACHER TRAINING & CERTIFICATION PROGRAMS

Teacher Training and Certification Program: Committee Members: Rachel Foster*, Neil

Haggard*, Karen Hamdon, Teddy Hyndman, Mary LeBlanc, Beth McCann, Judi Mirus, Tammy Richard*, Anita Sielecki. (Ann Waschuk has stepped down from the Committee – much appreciation for Ann’s many years of service and dedication.) *New members.

TTP: This year has been a very difficult one due to Covid. The Saturday Classes and Teaching Skills Workshops are still being offered online via Zoom and have been well attended.

The TTP is now a 200-Hour format at the Initial Certification Level, making it more in line with current industry standards and streamlining the evaluation of Equivalency Certification. 100 hours of weekly classes with a mentor are still expected but are not required for certification.

YAA Certified Teachers retain the same high standards of training and upgrading and will still be encouraged to continue to work towards the 500-hour and other Advanced Training Levels.

Certification: The YAA worked with ToolePeet Insurance to ensure that online classes were covered.

Teachers from across the province and beyond have been attending the Saturday Classes & Teaching Skills Workshops for upgrading purposes, and the feedback has been very positive, encouraging us to continue this online option when in-person classes resume.

“Not simply an asana experience, but rather a class to build our scope of practice in what we offer students by way of better understanding of anatomy, safety, preparing the body and exploring the benefits of expanding practice to meet our students where they are.” Deirdre, Lethbridge.

To date, the YAA has 234 Certified Teachers: 82 (300h); 37 (500h); 28 (Intermediate); 87 (Senior). Of these 66 have Permanent Certification. As well, we are pleased to congratulate 12 new Initial Certified Teachers who have completed their requirements since May 2020. From the YAA-TTP: Colleen Dibden, Hana Jilek, Thomas Kamm, and Belinda Mack. Through Equivalency Certification: Beth Brookwell, Dani Checknita, Kenzie Checknita, Donna Duong, Darria Hirsekorn, Rebecca Hung, Terri Jones, and Marthe Murphy.

EDITOR’S REPORT PREPARED BY DAVE DOWNING, VOLUNTEER EDITOR, YOGA BRIDGE

I undertook this position as karma yoga and although I receive an honorarium for my work from YAA, I donate it back to YAA or to another charity.

The editorial board members include Anita Sielecki, Judi Mirus, Kim Fraser and Debbie Spence. As a group, we work together to suggest edits that help our contributors to present their ideas in the best way possible.

HIGHLIGHTS OF THE PAST YEAR:

Peer-reviewed articles: 21 in 2020; 10 to May, 2021

Revision of article submission guidelines.

A compendium of articles from 2010 to 2020 was included in the Winter 2021 issue and illustrates the depth and breadth of our members’ knowledge and understanding.

Since about 2019, we have had a couple of themes that we have been addressing.

Learning about asanas is a series written by senior YAA certified teachers.

Honouring our teachers is a series that highlights those teachers with decades of experience teaching yoga in Alberta and elsewhere who have made a significant contribution.

Covid-19’s arrival in early 2020 has inspired a few articles on how people deal with the pandemic.

Direction forward: possibly a venture into an advertorial format to defray publication costs and increase revenue. This was implemented by Mosaic Magazine by Connie Brisson and consisted of an article on one page and an advertisement concerning the subject of the article on the facing page; the idea was that the advertiser could write an article on a particular aspect of natural health care and provide information on how to access a product or service on the facing page. This might be worth discussing in a board meeting.

As is our custom, the YAA sponsored a FREE-to-members workshop, this year with YAA Certified Senior Teacher, David Wilson. We hope to see YOU next year on ZOOM on April 30, 2022. embers will enjoy a FREE workshop with Sandra Sammartino! Ad p. 27.

COVID PERSPECTIVES

An Iron Will Is Sometimes Not Enough

by Dave Downing

Note: This is not to be taken as medical advice. Neither I nor my partner are medical professionals. If you have similar symptoms, they may be caused by something else. Consult a health practitioner.

My partner has had an experience that I thought might be interesting to share with our readers. For years, she dealt with low energy – feelings of continual fatigue, mild to moderate depression at times, a sense of hopelessness and a foggy, distracted mind were some of the symptoms. She has tried many things, believing that this was a mind-body issue. She has a dedicated restorative yoga practice, meditates daily, is aware of how food influences her physically and mentally, takes standard supplements, visits alternate health care professionals regularly and uses herbal massage oil and aromatherapy. While all of these helped for a few hours or days and gave her the strength and momentum to keep going, her condition of low energy invariably returned.

It seems that what she experienced was indeed a mind-body issue, but one that was not obvious and that both conventional and alternative medical professionals couldn’t readily identify. In late August 2021, her acupuncturist recommended that she visit the pharmacist downstairs. He asked a few questions about her symptoms, her supplements, and her blood iron (ferritin) levels. Based on her responses, he recommended a 10-day course

of high-potency fast acting iron supplements, then a follow-up blood test and a three month course of high potency iron supplements followed again by a blood test.

Within a couple of days of starting the high-potency supplements, she noticed a positive change in energy and outlook. Two months after starting this regimen, we’ve both noticed a sustained change. Her symptoms and her initial blood test results were consistent with iron deficiency. Killip et al. (2007) report that iron deficiency occurs in about four percent of women between 12 and 49 years old and up to 40 percent of vegans between 19 and 50 (she follows a mostly vegetarian diet).

We had thought that iron deficiency could be a contributing factor, and some of the supplements she was taking previously were daily maintenance doses of iron. But these were evidently not sufficient. Now she says that she hasn’t had this level of energy and enthusiasm towards work and

towards life in general for at least 10 years. We are both grateful to the health care professionals who helped her to find a solution.

Reference cited
Killip, S, J.M.Bennett, M.D.Chambers. 2007. *Iron Deficiency Anemia*. Am.Fam. Physician 75(5):671-678. <https://www.aafp.org/afp/2007/0301/p671.html>

Dave Downing is volunteer editor of the Yoga Bridge. He can be reached at yaanews@telus.net.



“Grandfather of Canadian Yoga” David McAmmond: Feb 7, 1944 - Sept 29, 2021

By Lonnie DeSorcy

A tribute to David McAmmond, February 7, 1944 - September 29, 2021

The few articles of this issue are a tribute to David McAmmond who passed away suddenly on September 29, 2021. He was the YAA President at the time of his passing - one of its founding members with over 50 years of practice and service to the yoga community. The tribute includes his autobiography, recollections of David from others with whom he taught for years and a biography prepared by one of his long-time students and originally published in the *Yoga Bridge* in the Spring, 2019 issue. It is reprinted below. The numerous notes, emails and photographs from other students will be available on the YAA website yoga.ca.

Timidly entered The Yoga Studio, Calgary's first for-profit yoga facility. It was a sunny Sunday morning in 1998 and my mission was to get a feel for the place. The fledgling studio was offering a teacher training program and I was deciding whether to make a significant life shift.

I was nervous. Most of my yoga training had been through Parks and Recreation and Continuing Education. Other than a brief course over a summer, I had never been to a dedicated “yoga place” before.

The teacher that morning was David McAmmond, co-owner of the studio and current president of the Yoga Association of Alberta (YAA). From the start, David had a no-nonsense way of encouraging playfulness, yet was masterful in demonstrating, explaining and assisting each student's exploration. He didn't use ritual and was markedly relaxed. The class was noticeably different from today's fast-paced vinyasa flow and even from highly-structured Iyengar classes – more like a guided encounter or laboratory.

Although I have noticed his teaching change over these last 20 years, the essential quality of David's offerings remains one of a humble, kind and intelligently escorted yoga experience. He has

unpretentious ideals, characterizing his teaching as “nothing special from no one in particular.”

His influence on yoga practice has been felt far and wide. Ted Grand, co-founder of an international hot-yoga franchise chain, was a fellow participant at the 2013 Symposium for Yoga Therapy and Research in Pacific Grove, California. When he heard that my colleague and I lived in Calgary, he asked whether we knew David. I have heard from many others that David's reputation preceded him in their experiences, too. Yoga commentator Matthew Remski, who has interviewed hundreds of people in the industry, said David had seen it all and referred to him as “the Grandfather of Canadian Yoga.”

David's teaching has reached directly and indirectly into the United States, Mexico, India, Colombia, parts of Latin America and, most recently, Vietnam.

Having celebrated his 75th birthday on Feb. 7, David has immersed himself in yoga for almost 60 years. He told me that the questions – “Who am I?” and “Why am I here?” – catapulted him into Transcendental Meditation (TM) in the early 1960s. TM produced a small booklet on yoga postures. While the idea of *asana* didn't really appeal to him, he was captivated once he tried it. He also credits

TM with developing his previously poor concentration to the point where he went from being a high school drop-out to scoring straight As at Mount Royal College.

Around 1963, David enrolled in his first yoga course with Malcolm Pasternak, a Sivananda-lineage teacher who was well-versed in the yoga world. Before the 10-week course was over, Malcolm had to return to Yasodhara

Ashram at Kootenay Bay, B.C., for family reasons. Having recognized a propensity for yoga *asana* in David, he asked his student to substitute teach for him with the help of only a class plan for an unknown number of weeks.

Encouraged by surviving the experience, David started to practise and teach yoga in his basement before he had completed a formal yoga training.

Another of David's early teachers, Friedel Khattab also encouraged him to teach. He laughingly speculates that she may have wanted him to sign up for her teacher training program, but David's focus was spiritual liberation, so he continued to practise following the Sivananda system while also taking any opportunity to practise and learn from visiting teachers from different traditions.

Figuring prominently in David's training were Maureen and her physician husband, Bruce Carruthers, who brought Iyengar yoga to Western Canada. Dr. Carruthers was hailed as a pioneer in incorporating yoga as part of a preventive approach to patient health. The genius of the Carruthers' therapeutic focus wasn't lost on David, who took a number of groups on retreat to their Galliano Island property through the 1970s.



David with Students

David's enduring interest was and continues to be truth and enlightenment.

If there's anything constant about David, it is his curiosity about how things work. He doesn't agree with things being done a certain way because they always have been done that way. He believes that we need to ask questions and come to our own intelligent conclusions.

When the YAA brought in Anagarika Dharmadina, an Austrian-born swimmer, artist and lay Buddhist nun to teach Theravadan Vipassana and Abhidhamma, David discovered a great friend and mentor and spent seven years under her tutelage.

He was one of only five Alberta teachers listed in the 1980 *Yoga Journal Teacher Directory* along with Hilda Perazzo, Shirley Johannessen, Liz McLeod and Elaine Ryder-Cook. The Integral Yoga Centre was also mentioned.

By 1983, the YAA had grown so much that volunteers couldn't do all the work. David was hired as a part-time administrator and convinced the Calgary teachers who used a dedicated YAA space to donate all proceeds to the association and take \$15-per-hour pay in return. The strategy funnelled enough money into the YAA to make the studio viable until it closed in 1987 and the office moved to Edmonton.



David with students

David was also involved with a 1988 trail-blazing article in the *Yoga Journal* by Calgary teacher

Erin Murphy, having taken photos to accompany the therapeutic sequence given to Murphy by B.K.S. Iyengar after she collapsed while in India. She later discovered she had a form of congenital emphysema. Until that point, there had been very few credible therapeutic yoga routines.

David was also an entrepreneur. In 1990, he contracted with yoga prop company Halfmoon Yoga Product's supplier and started to retail mats and other yoga props through his new company, YogaMat.com, or Body-Mind Workouts.

Iyengar teacher-trainer Cynthia Palahniuk assisted David – her first mentor – for many years in teacher training programs and, later, with therapeutic initiatives. Besides his vast knowledge, Cynthia was impressed with his compassion, humour and an ability to both remember and share stories to illustrate his points. She fondly recalls that regardless of an individual's experience, David could always meet them where they were to provide meaningful insights and practical guidance.

David and Margot Kitchen, now a leading Canadian Iyengar teacher, began to host and teach students at residential yoga retreats in Puerto Vallarta, Mexico.

At one point, they considered teaching a similar retreat in India and decided David should acquaint himself with Indian yoga and culture with a trip to India. While both he and Margot taught Iyengar yoga, David felt his learning style and Iyengar's teaching style wouldn't mix. Meanwhile, Margot had met S.V. Karandikar (Dr. K), who was Iyengar's yoga student and on-call doctor for over a decade, on a previous trip to India and had taken some

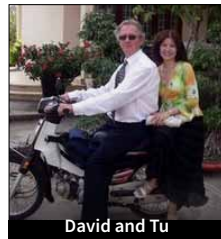
photos of him guiding practice. She showed David the pictures and wheels were set in motion for him to visit Dr. K.

When David arrived at Kabir Baug in 1995, he was surprised to learn that Dr. K was running a yoga-therapy facility with more than 1,000 patients and 150 volunteer teachers. David's latent interest in therapeutics now stared him in the face. After taking an X-ray of the reversed cervical curve in David's spine, Dr. K prescribed a simple, but effective practice called "rope jacket" that not only brought relief, but transformed David's understanding of yoga.

True to his nature, David astutely recognized a couple of years later that his North American students needed more systematic instruction than he and Margot had received at Dr. K's institute and sensed the brilliance of a background player at Kabir Baug – Dr. Nivedita Pingle. Nivedita observed that David is a common binding force among a variety of yogis and that he "is a very non-demanding teacher" while also holding "the position like that of a guru in traditional setups. ... a true yogi who has stayed free of the trappings of the revered position he is held in. He also has a very understated side of humour to him."

During this period, David experienced a cardiac event. With the help of his partner, Tu, he re-evaluated his teaching schedule and passed his yoga prop business to his daughter, Ananda. He briefly made an effort to take his version of Dr. K's therapeutic yoga for cardiac conditions program to the medical community, but realized it wasn't taking root.

Nevertheless, interest was growing elsewhere. Alongside the Canadians, a handful of Mexican yoga teachers attended David and Margot's Puerto Vallarta retreats. In time, David was offering restorative yoga teacher training in Mexico City.



David and Tu

One of the Mexican yoginis was Dakini, whose husband is musician, conductor, former Buddhist monk and meditation teacher Kavindu (Alejandro Velasco). David and Kavindu realized they shared an insatiable curiosity about how things work, especially in meditation.

Meanwhile, YAA past-president Anita Sielecki collaborated with David to publish a manual called *A Practical Guide: Yoga Therapy for Backs* based on a compilation of the material they developed during the Mexican teacher trainings. Anita also invited Kavindu to co-teach a four-day meditation and yoga retreat with David at Riverlodge near Stony Plain in October 2010. The retreat, now five days long at the Providence Centre, has become an annual event that has enriched many students since its inception.

David's current focus is incorporating concepts of focal, scanning and global awareness in the burgeoning field of neuroscience into meditation and *āsana*. He inspired Kavindu to include many of these topics in his teaching of meditation.

A few years ago, David travelled to Bogota, Colombia, invited by Diana Jaramillo, a Colombian yoga teacher who attended the Mexican teacher trainings. She remains a close friend and recently was part of a group that accompanied David to Vietnam. They noticed some teaching reminiscent of North American *āsana* practice 25 years ago and many people suffering from maladies that could benefit from a therapeutic approach. David will be gauging the feasibility of yoga offerings in Vietnam in the coming months.

David has been a pioneer over the years. He lets life unfold without trying to manage it unduly, holds space for people and brings them together, and is super intelligent, but doesn't fall prey to wanting the typical accolades or honours. He is looking for Truth!

Lonnie DeSorcy is a YAA-certified Senior Teacher, IAYT-certified yoga therapist (C-IAYT) as well as a trained spiritual director. She offers yoga instruction and therapy primarily in private sessions, intimate classes and workshops in Calgary and via Skype or Zoom Meeting. Lonnie's email is Lonnie@YogInsight.com

"Huuuge"

By Ana Marti, Mexico

Many people have illuminated my life. Today I will remember the light of David McAmmond, an exceptional being with whom I felt safe, secure, full of love and joy. He was one of those beings who knew how to bring out the best in me.

He taught me a different way of seeing, practicing and teaching yoga. A different way to see and feel the world.

For our daily lives, his teachings are immense (*Huuuge* !!, as he would say); they are a treasure. He taught me to decide and work towards and for what is right; to center my attention on what interests me and not get into talks, judgments, criticism, things that do not serve us... to focus my energy; to bring contentment, laughter and joy into my life. He demonstrated with his lifestyle the importance of humility, simplicity and straightforwardness. Of how to build community, be supportive and appreciate each person.

Thank you David for being in the group of those who have polished me; for being so present and for being my teacher and my guide. You are in my heart all the time. I love you.

Ana Marti was a certified yoga teacher when she attended David's first training in *Therapeutic Yoga* at the *YogaEspacio Studio* in Mexico City. She participated in all of his following courses and eventually became part of the team of "David's trainees" who continue to offer training in *Therapeutic Yoga* in Mexico City and beyond.



David and Ana

DAVID McAMMOND IN MEMORIAM

Memories of David McAmmond

By Margot Kitchen

Where do I start? My memories span several decades, with much love and laughter.

I first met David in 1975 just after I arrived in Calgary from Montreal. We were attending an Iyengar workshop given by Glen Moyer and then subsequently a workshop with Felicity Green. A group of us banded together to study and learn from each other. There were no training programmes in Canada at that point. We would meet in Erin Murphy's basement once a week and would take turns leading the class while everyone shared insights. There's one particularly funny incident that makes me laugh out loud even now!



Margot Kitchen adjusting David

I'll set the scene: there were six of us, David being the only man, in *Pisarinha Padottansina* (Wide-Legged Standing Forward Bend). Hilda Pezzaro was leading the class and calling instructions to work with the breath. At this point the meter reader came down the stairs. It must have been quite a sight with many bottoms in the air. Hilda called "breathe through the vagina" – to

which a small male voice, from close to the floor replied "But I don't have one!" With that, the meter man turned and fled up the stairs without even reading the meter! Only yogis would understand and appreciate that story.

In 1978 my husband David and I were transferred to Toronto, not to return to Calgary until 1982. This is when David McAmmond and I started giving workshops together. He was a talented, insightful, patient, warm, humble teacher with a killer sense of humour that could diffuse any difficult situation. I loved working with David; he was very free, we worked well together, he loosened me up and I helped him with organizational details. He told wonderful stories to illustrate life lessons and taught me how valuable this type of instruction is.

Our weekend workshops expanded into week long retreats at Casa Dulce Vida in Puerto Vallarta, Mexico City and Guadalajara. I lost count of how many we taught together, but we explored so much! We'd pick a book and on the plane we'd start bandying about ideas that flowed like water – it was fun! With our combined and diverse experiences in asana, meditation, pranayama, philosophy, we had much to share and our retreats were always full. Two weeks before he died we had floated the idea of doing one more retreat for people "our age".

David introduced me to Vipassana meditation and his teacher Anagarika Dharmadinna. We attended a silent retreat in Calgary. On Day 4 we were doing our walking meditation in the garden. My mind was screaming; I looked over to see David walking serenely and in that moment I was so angry with him! Later I told him my feelings and he burst out laughing and said "If you could only have peeked into my mind!" He became very involved in Vipassana and I became immersed in

Iyengar Yoga, going to study at the Iyengar Institute in Pune, India.

On one of my trips to India I volunteered at Kabir Baug with Dr. Karandikar (Dr. K.), a doctor and student of Mr. Iyengar. I brought back many pictures of my time there and David was so intrigued he began going to India to study with Dr. K. and that was the beginning of his therapeutic work. He was a master with tractions and various supports to help students. He also, years later, developed teacher training in therapeutic yoga and wrote a book (*Yoga for Backs*). David demonstrated in many ways that he was a yogi with multiple talents.

He was also talented with a camera. When Gurujii (B.K.S. Iyengar) came to Edmonton in 1990 David filmed the whole convention. With Heather Malek as producer, and me in front of the camera, we made two one-hour long video recordings and four television programmes, one of which earned a Canadian cable television award. David never wanted to go to the Iyengar Institute, saying that from behind a camera he felt was close enough to this amazing man.

Geeta Iyengar came to Vancouver in 2008 to teach a convention of 450 students. At one point she called David to the stage and asked him to do *Viksitana* (Tree pose). "Now teach them!" David looked out at the sea of students and couldn't speak and turned to Geetaji saying quietly "This is my worst nightmare!". She replied to the group of

accomplished and famous American teachers in the front row "Look! He's doing better than all of you!" Geetaji saw David on levels the rest of us at that point couldn't see. She understood his stage fright and whispered as he left the stage "don't worry, you'll be a great teacher" – and she was right.



David adjusting a student therapeutically

David and I wrote a teacher training manual for our retreats in Mexico. Even early on he was talented with a computer. He also was a tremendous help when I was studying for my senior Iyengar certification and became a model for some of the pictures I sent to Gurujii.

In his quietness, David gave so much. I remember being in the hospital with a crushed tibial plateau. I'd been waiting for three days to be operated on because there had been a horrible motor vehicle accident that occupied all the orthopaedic surgeons. I was on morphine and totally miserable. David was such a comfort, sitting quietly by the bed, holding the kidney basin for me to vomit and offering comfort just by his presence. I asked a couple of the early students from the Mexican retreats to give me some of their memories. This came from Judith Kilbourne: "This David, about whom we chatted today, had some quiet and wonderful qualities within and surrounding him. In my case I was attending my very first retreat and these many years later I can share with you how overawed I was by the whole process and event! I was rarely away from



David McAmmond in urdhva dhanurasana



Felicity Green (senior Iyengar teacher), David McAmmond & Margot Kitchen

David became a beloved therapeutic yoga teacher trainer in Mexico. He also travelled to Colombia and Vietnam, continued leading retreats in Alberta and became president of the Yoga Association of Alberta. Others will have more to say in this tribute on those parts of his very rich life.

Quote from Geeta Iyengar: "Gaining maturity in yoga practice involves learning to respect the paths that other people are on and acknowledging their merits, maybe even acknowledging that your own path is lacking in some area where another one excels."

David and I understood this and our paths diverged but we never lost respect for each other. From Kahlil Gibran (*The Prophet*) on Friendship: *'And when you part from your friend, you grieve not; For that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain.'*

I miss my dear friend. We drove each other nuts, and also loved each other very much. One of the Iyengar teachers posted this Buddha quote today: "One of the best gifts you can give someone is thanking them for being part of your life." Thank you David, for making my life on this plane richer for knowing you. With gratitude, Margot Kitchen

Margot Kitchen is a senior teacher in Calgary with the Yoga Association of Alberta and a senior Iyengar instructor with IYAC/CYI. She can be reached at margotkitchen@shaw.ca

THE YOGA ASSOCIATION OF ALBERTA (1976)
 YAA Membership is open to ALL - teachers and non-teachers.
 \$10 Associate Membership (electronic copy)
 \$30 Full Membership: (mailed newsletters).
PAY ONLINE AT: yoga.ca and click on membership page.
First time members receive FREE Associate membership for a year!
 Send your name, email, city and postal code.

AND IN DAVID'S OWN WORDS...

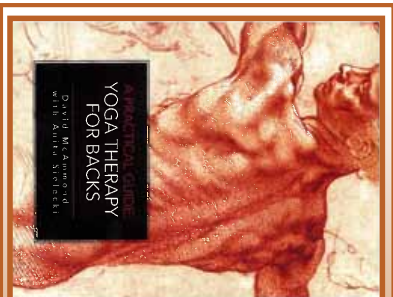
Autobiography

By David McAmmond

Years ago I was on a search when I discovered yoga. A search for the meaning of existence on earth. First I read philosophy and psychology. Then I meditated. Asana wasn't appealing but when discovered, the experience was spectacular. I thought of LSD. After a few months of asana the mental high went away. I continued with pranayama, meditation, chanting, and doing asana as before but it all felt dead. Then I was really curious. My search changed and became more intense. Deeper pranayama, longer meditation, better alignment and extreme poses. There were highs but never the rush of the first love with yoga.

For over forty years I have continued to search, to understand the change that took place. I have realized that my love of yoga was the same as any other long-term love. Hot, intense and fiery in the beginning. Cooler, calmer but committed later. As with all love affairs the dopamine changes to oxytocin. What about that nagging question regarding the meaning of life? It has been asked through the history of mankind. Perhaps it is an imponderable question.

- Where am I now?
1. Whatever poses I am doing or teaching, awareness proves to be the most significant part.
 2. Awareness of the physical sensations the pose is creating
 3. Awareness of the emotion which may be connected with the pose
- Practicing with awareness brings one into the present moment and opens the door to self-knowledge and the possibility of transformation.
 Maintain equanimity. Stay connected. Accept change.
 ~ Extracted from David McAmmond's website yogainfo.ca



**YOGA THERAPY FOR BACKS
 A PRACTICAL GUIDE**
 by David McAmmond / Anita Stelecki
 \$38 YAA members
 Online: yoga.ca/yaa-store/ or yaa@yoga.ca or 780-427-8776
 "Yoga Therapy for Backs is a generous gift to all of us. Now the wisdom, experience and love of my 2 radiant teachers is available at my fingertips!
 So to speak.... :)" K.H. Edmonton
THANK YOU DAVID! We will miss you.

DAVID MCAMMOND IN MEMORIAM

Kavindu Remembers David

By Kavindu

I met David McAmmond around 2006 at my house in Mexico; he stayed with us on the invitation by my partner Dakini to teach a workshop at our Yoga Espacio Studio. We connected on the spot. We talked for hours about yoga and especially meditation, discovering that we were so in tune with each other. This meeting completely changed my life. David confirmed, validated and enriched with his own experiences and knowledge what I was living in meditation. Thus began a friendship like I'd seldom had before with a man: a constant exchange that enriched both of us and became a joint creation belonging to neither of us. An unconditional mutual appreciation unfolded thereafter. For some years I was his translator in the Therapeutic Yoga workshops at Yoga Espacio, in Mexico, where I absorbed not only his vast knowledge of the body, therapeutic yoga, and the nervous system, but his playful, soft, and always connected spirit with his students. From him I learned to look each person in the eye at the beginning of each class, to connect with each one to be completely for them, always validating their experience. And, at the end of the session, to connect with each participant eye to eye again, with a silent hands together bow.

In September 2010 he and Anita Stielecki invited me to teach a meditation workshop



Kavindu, Anita Stielecki & David McAmmond

in Edmonton. I felt honored and nervous to teach alongside him, but David always empowered me gently with his light touch. Before starting the retreat, at River Lodge, I asked him to get together to talk about the dynamics and the program. He looked at me with a question mark in his eyes. I showed him what I had prepared, session by session, topic by topic, almost minute by minute. After a few moments he looked at me and said: "No need for a program, let's play it by ear. When you think it's my turn you tell me and when I think it's your turn I'll tell you. We'll just look at each other in the eye." And indeed, from that day I learned to dance with him. I took it where he left us in yoga, he took it where I left us in meditation. The themes developed seamlessly, becoming richer in the free flow exchange, an awesome experience of partnership I enjoyed for many years of shared retreats with him.

At the end of the first retreat we did together, I asked him what he thought, and if there was anything he recommended to me to improve. He told me in his soft unpretentious voice, "Tell stories. That will humanize your teaching, and make it fun and light. People learn better like that." I adopted his advice immediately, and gradually my workshops became more fun and light... more human and real, more people benefiting from them.



David McAmmond July 7, 2021

One day I told him that I really liked his oriental style shirts and jackets. He told me: "I have this wonderful tailor in Vietnam who makes them for me, I'm going there soon, I'll have some made for you." Then he asked me for a shirt for the right size. Next time we met he presented me with two beautiful fine smooth cotton jackets, one green,

one black, perfect size. Throughout the years he gave me many gifts every time we met: books, chocolates, clothes, meals, hospitality in his house, but above all many delicious moments of friendship and complicity. After his recent open-heart operation in June of this year I said to him, "David, I want to give you something, what can I give you?" He told me, "Invite me to your December retreat in Mexico, as a student." I said, "Done, you are invited." I talked to him on the phone a couple weeks before he passed away. His last words to me were: "Buy me an ice cream next time I see you". And sure, I'll have that ice cream with him in my heart.

Kavindu (Alejandro Velasco) is the Director of the *Meditation Program* in Yoga Espacio, one of the most important yoga centres in Mexico City and author of the book **"Mindfulness, la Meditación de Conciencia Plena"**. Kavindu has been visiting Alberta each year to co-teach *Meditation and Mindful Movement* retreats with David. More information can be found at: www.yogaespacio.com/maestros/meditacion/



Save the date to join us next year:

Presence and Warmth
A Meditation & Mindful Movement Retreat
with Kavindu (Alejandra Velasco)

Wednesday August 3 to Sunday August 7, 2022

Providence Renewal Centre, 3005-119 Street, Edmonton or via Zoom

(Depending on Covid situation and ease of travelling across borders)

Presence and Warmth are two aspects of one same state of consciousness that activates deep inner stillness and a sense of safety.

Presence opens the gates to a spacious awareness. Warmth arises from our biological instinct of love. A lucid embrace of these two qualities unveils the most subtle, basic and deep aspects of our humanity and it can lead to a radical acceptance of ourselves.

The retreat will have a strong emphasis on meditation.

Anita Stielecki will lead Mindful Movement practices to facilitate somatic integration.

The price and schedule will be announced once the retreat format (in-person, online or a hybrid) can be determined. Please register your name at <https://yoga.ca/product-category/workshops-classes/> and we shall keep you informed. Information: Anita (780) 432-7152, stielecki@hotmail.com





YOGA ASSOCIATION OF ALBERTA: TEACHER TRAINING & UPGRADING

Start Anytime » Plan Your Own Study Schedule » Pay As You Go

PROGRAM

Comprehensive Training

- Start anytime in the YAA's 200-hour program with the same high standards that have guided our programs since 1976.
- Expand your skills through quality teacher training classes & teaching skills workshops.
- Access specialized workshops with acclaimed International Teachers.
- Delve into yogic philosophy, anatomy and safe movement principles.
- Develop a personal asana practice including meditation and pranayama.

Individual Learning Program

- Pay-as-you-go. No up-front tuition.
- Design your own flexible and realistic schedule to fit into *your* life.
- Develop your program to match your yoga interests.
- Explore your teaching style and find your voice.



SCHEDULE

Apprentice Style Mentorship

- Study with qualified and experienced Senior Teachers across Alberta.
- Choose a personal mentor close to home in your preferred hatha yoga lineage and style.
- Be welcomed into an inclusive and co-operative community.

Professional Recognition & Upgrading

- Continued mentorship and worldwide upgrading opportunities.
- Aspire to excellence with certification at 500, 750, and 1,000-hour levels.
- Yoga Alliance registered school at RYS200 and RYS500 levels.

Equivalency Certification

- Credit for Teacher Trainings or Certifications from other institutions can be applied towards obtaining YAA Certification.

Start anytime! The sequence of classes repeats every two years and new students may join in on any date. The YAA-TTP has recently completed a curriculum reorganization. Note that class numbers may not correspond to previous years' listings. All classes will contain asana, pranayama, meditation, and philosophy components.

Classes & workshops below are currently being offered in-person at the Percy Page Centre in Edmonton (subject to teacher & provincial health protocols), with the option to join remotely from **anywhere in Canada** via Zoom (livestreamed only – no recordings available). Please check the Yoga Events page of the YAA website (yoga.ca) for the most up-to-date information.

Core Curriculum Classes

Saturdays, 9:30am-3:30pm

- Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom
- Dec 11, 2021 Forward Bends; 8 Limbs of Yoga Overview w/ Teddy Hyndman
- Jan 22, 2022 Standing Balances; Yamas w/ Marcia Langenberg**
- Feb 12, 2022 Twists; Niyamas w/ Karen Hamdon**
- Apr 23, 2022 Shoulder/Arm Focus; Bhagavad Gita w/ Karen Hamdon**
- May 14, 2022 Backbends; Guinas and Koshas
- Jun 4, 2022 Surya Namaskar; Tantra & Mantra w/ Teddy Hyndman**
- Sep 17, 2022 Inversions; Subtle Body Anatomy w/ Teddy Hyndman**
- Nov 19, 2022 Pranayama & Meditation Overview; Sutras Pada 2&3 w/ David Wilson**
- Dec 3, 2022 Special Concerns & Limitations; Sutras Pada 4 w/ Marcia Langenberg**

Teaching Skills Workshops

Friday 7-9pm, Saturday & Sunday 9am-4:30pm

- Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom
- Mar 25-27, 2022 Spring Teaching Skills w/ Beth McCann**
- Oct 21-23 Fall Teaching Skills w/ Donalee Campbell**

Teachers and teachers-in-training are welcome to attend these classes & workshops to fulfill upgrading requirements for the YAA Teacher Training Program, Recertification and/or all Advanced Training Levels. We offer YAA Equivalency Certification to established teachers with credit for previous trainings.

We invite your questions. For more information email cert@yoga.ca or visit yoga.ca.

REGISTER: YOGA.CA OR 780-427-8776

In the McAmmond Tradition: A practice and a story...Always a Story!!

By Anita Sielecki

And let's start with the story:

When I arrived in Edmonton to take a position at the University of Alberta in 1976, I searched for a yoga class to continue my practice. It was not an easy task as yoga classes were not as readily available then. I had no local friends and I did not dare asking my co-workers for fear they would classify me as weird. Joining a research lab as a recruit from abroad, I had to prove that I was a serious scientist. In those days, Yoga was not an accepted part of that world.

I persevered and found an evening class running in a church basement. Not too long after, I discovered a yoga club run by a small group of volunteer participants who met after regular working hours in one of the Business buildings of the University. We had to move all the furniture out of the way, do our yoga practice, and then return the room to the way it was so that our passage would go unnoticed.

Back in the 70's, the yoga community in the city was rather small and when teachers from out of town would visit, most of us would attend. I met Teddy Hyndman, who was to become my dear friend and teacher; she made me aware of the newly formed Yoga Association of Alberta and of course I joined.

Through newsletters (editions that were pretty basic compared to our current Yoga Bridge) we learned when and where visiting teachers would be offering their classes and workshops.

That is how I learned of the yoga events that Friedel Kathab was organizing. David had participated in some workshops taught by her. She was one of the senior teachers who encouraged David to start teaching. David was living in Calgary and she would invite him regularly to teach weekend workshops in Edmonton. I attended my first one in the early 1980s. At first I was shocked, not being used to the lightness he brought to the classes with his verbose stories and his politically incorrect jokes (which I mostly never got, and I suspect it was not only because of my deficient English.) But once he got into the practices, I was mesmerized by the clarity of his concise explanations and the beauty and elegance



David teaching Triangle Pose using wall and floor

with which he moved in and out of the poses whenever he would demonstrate what we were about to do. I knew right away I wanted to learn more from this teacher and from then on I rarely missed his workshops. David taught in the Iyengar tradition and he would never introduce meditation in his regular *Hatha* Yoga classes. I later learned

that his original path started with a dedicated training in Transcendental Meditation (TM) and later in *Vipassana*. Although he seldom taught meditation workshops, when he did his simple and precise instructions revealed his deep personal knowledge of and commitment to meditation.

As the years passed yoga became more mainstream and I got the opportunity to learn from many amazing and inspiring teachers. Among them, I attended a week long retreat in Tofofo, B.C. with Sandra Sammartino. Life was never the same after that experience. I wanted all my yoga friends to experience this teacher. But she lived in the Vancouver area and I could not convince my friends to travel that far. So with absolutely no previous experience, and still with a full time job, I took the big step of organizing a long weekend retreat in Edmonton with Sandra. It worked... My yoga friends approved of my choice of teachings and teacher and they wanted more. Soon I was volunteering to organize four or five of her retreats per year at River Lodge, a peaceful centre in a rural area west of Edmonton.

During the following decade I gained much experience in organizing retreats while I continued to learn, began teaching yoga myself and established a meditation practice--I called it just "sitting", because I was not sure I was doing it right, and to assert that I was "meditating" sounded too pretentious. Although I didn't realize it at the time, all the skills I was developing would prove extremely useful later on. I continued to attend David's workshops whenever Friedel would bring him to town. The one retreat I remember vividly happened on June 2000. It was advertised as a Restorative workshop and David was teaching in his usual relaxed style. By Sunday morning people were socializing with each other a bit more and at the mid-morning break I found myself listening to some story David was telling to a few people standing around him. Once they moved on, I turned towards David and asked him a question I didn't think about before I said it:

"I do not understand why you do this all the time... You teach asana in such an exquisite way that you bring people to a very still and internal reflective state where



Anita, Sandra Sammartino and David: AGM 2019

they are absolutely ripe to just stay there and dive into meditation... And then you crack a joke and get them out of it."

I do not know whether David was shocked at what he heard, but I was certainly shocked and embarrassed for what I had just said and the energy behind it. It took David a few seconds to recover and with his typical curious, calm tone he asked: *"And how would you propose to do it?"*

I have always been very appreciative and respectful with my teachers. I did not think that what I had said and the way I said it were appropriate. But David was still there, open and appearing genuinely interested. So I took a deep breath to regain some courage and started telling him about how I preferred retreats to workshops because staying all together in the same place allows participants to go deeper in the practice and within themselves; how with his great meditation background it would be so natural to introduce it interspersed with the asana; how Sandra would move us freely between the different practices including meditation. I kept describing what I had learned from how the way Sandra was teaching had affected all participants.

He listened carefully, he may have even smiled, but I remember vividly his reply, *"Well... If you would be willing to give it a try."*

And we did! We had our first retreat at River Lodge a few months later. All I had learned over the



David with Students at River Lodge

years putting together so many retreats for Sandra came in handy. I used the same daily schedule and organization as I had developed for her retreats. I could tell the transition between meditation and asana felt a bit bumpy for David at the beginning. And although not on the schedule, David's stories and jokes always found the way to filter in.

Participants loved it and asked for more; perhaps even the opportunity to do teacher training and go deeper. The "Deepening our Practice" series of retreats were born. Twenty years later, we were still doing them at a regular pace of five per year with an additional summer meditation and mindful movement retreat with David's dear friend Kavinda.

During these twenty some years I watched David perfect his teaching, explore the therapeutic principles he was learning from his mentor in India, Dr. Karandkar, deepen his studies and understanding of the neurosciences, regain his excitement and curiosity for other related subjects that would validate his own asana and meditation practices and above all, rejoice in sharing all he was exploring with his receptive students. What he enjoyed most about the "Deepening our Practice" series, was that he did not have to follow a set curriculum and he was free to explore with us whatever path his insatiable curiosity had taken him down in the preceding weeks. David was a skilled, intuitive, and giving teacher. Participants in his classes, workshops, and retreats could feel his generosity of spirit.

I looked after the organization and all the details. That was not his strong point and he was grateful for such collaboration. I could make suggestions because we were comfortable sharing our individual research and findings and I knew what was in his mind at the time of an upcoming retreat or presentation. Our shared love for Yoga ("with a capital Y", as Sandra would often say to emphasize the inclusion of ALL Eight Limbs), for really understanding what is going on our body-minds, how everything works and the desire to dive deeper, brought aliveness and passion into our lives. In the process, our friendship, mutual respect and trust deepened.

We had both lived long enough to know that such friendships are very rare. That guided us to appreciate and nurture it with great care. I shall miss our almost daily chats and deep explorations. I shall miss him dearly...

Anita Stelcki is a senior teacher with the Yoga Association of Alberta. She can be reached at stelcki@hotmail.com



David McAmmond

YAA ACM and Workshop with SANDRA SAMMARTINO April 30, 2022 On Zoom



- ACM:** 12:00-2pm: 46th YAA Annual General Meeting, Executive (Board) Elections - President, Vice-President, Secretary, Treasurer
- Workshop:** 2:15 - 3:45 pm: Yoga and Toning w/ Sandra Sammartino. Through Yoga and Toning Sandra will help you get in touch with your innermost being, and release tension and blocked emotions to become more open, present and at peace. FREE for those who attend ACM
- Fee:** Current paid membership. Pay membership at yoga.ca
- Pre-Register:** yoga.ca/yaa-store to receive zoom link
- Info:** YAA (780) 427 8776

Sandra studied Toning extensively with Eleanor Leatham in the early 1980's, and has been using Toning, in her Yoga practice and teaching, to release deep stress and emotional trauma, held in the body. The release of these blockages creates a flow of energy (Prana) through the body that facilitates creativity, confidence and the courage to overcome challenges and move closer to the true self. Sandra is a co-founder of the American Yoga Alliance; the founder of Yoga Outreach and the author of three eBooks, *YogaAction: Yoga Truth eBooks 1, 2 and 3*; with accompanying videos. At 78 years young Sandra wishes to share and role model the healing transformation and change Yoga has brought to herself and many others.



And Then a Practice...

Mobilization of Shoulder Joints and Upper Back
by David McAmmond and Anita Sielecki

This shoulder mobilization sequence was one of David's favorites. Actually, we did it all together on the Sunday morning of our last retreat on September 24 to 26, three days before his passing. I remember him joking about it while rolling our mats, claiming that we were doing it because his shoulders felt tight...

(This sequence can be found in our [Yoga Therapy for Backs](#) book, pgs 233-236)

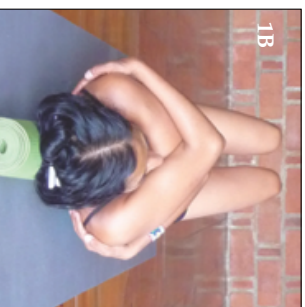
Placing a lift, such as a tightly rolled mat or blanket, under the spine in the region of the mid back and head encourages the expansion of the upper chest and lifts the shoulder blades off the floor, thus allowing for more freedom in their movement during protraction/retraction.

The support should feel comfortable to the lower back. If a thick mat is used, it could be only partially rolled or a block placed under the sacrum to lift it somewhat and make sure the lower back is at ease.

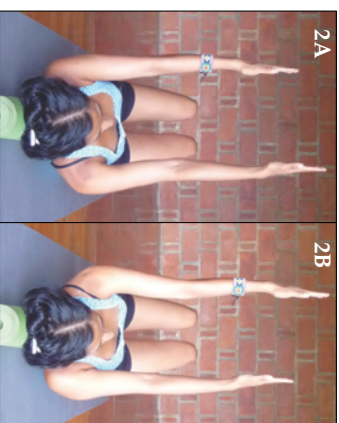
Figure 1A shows a side view of the described arrangement. Notice the placement of the roll just below T12, at the bottom edge of the back ribs, making sure that the lumbar area is not compressed and it can relax towards the ground. The knees are kept bent, to also ensure protection of the lower back.

The forehead should be at the same level or higher than the chin to ensure that there is no strain or compression in the cervical spine. If the forehead is lower it will be necessary to place a lift (block or folded blanket) under the top part of the roll, in the area beneath the head.

a) Head Rolls: Figures 1A and B are different views of the same posture. Arms are folded over the chest, each hand reaching towards the opposite shoulder blade. This hugging position automatically broadens (protracts) the scapula and upper and middle back. The head is then rotated very slowly and gently from side to side to further release the neck muscles.



b) Shoulder Blade Release: The arms are now extended towards the ceiling, palms facing each other. On an inhalation one arm at a time reaches up, dragging with it the shoulder blade and releasing those muscles on the exhalation and continuing the routine by alternating sides (Figures 2A and 2B).



d) Alternate shoulder rotations: If the shoulder blades are not stuck, when the arms rotate along the floor in opposite directions as shown in Figures 4A and 4B, the shoulders will accompany the movement. Start the rotational movement from the upper arms and shoulder blades and allow the lower arms and hands to follow with integrity, as an almost solid structure. The arms rotate so that the palm of one hand faces backwards and beyond while the other arm rotates in the opposite direction so that the hand palm faces first forward, then towards the ceiling and beyond. On an inhalation return to the starting position, and with an exhalation continue the direction of rotation so that the same stretch/release is experienced on the other side. Continue with smooth and uninterrupted rotations alternating sides. This oppositional rotation of the arms requires a finer connection between brain and body. The practice of these movements is important because the inability to coordinate the movement of the arms with the movement of the scapula is often a factor in rotator cuff injury.



c) Arm Extensions: Start with both arms extended upward as for the [Shoulder Blade Release](#) (Figure 2). On an exhalation both arms move in opposite directions towards the floor as shown in Figure 3A, then return toward the ceiling on an inhalation and continue this movement alternating sides (Figure 3B). This sequence facilitates the simultaneous upward and downward mobility of the shoulder blades. The centered positioning of the roll under the spine facilitates their displacement.



YAA Senior Teacher Showcase

Get to know Alberta's Best Teachers!
FREE for all YAA Members! Join today!

- Two classes per month on Zoom with a variety of YAA Senior Certified Teachers.
- Livestream zoom link emailed to registrants and posted at yoga.ca/events.
- Recorded classes available for a limited time.
- Register now at 780-427-8776 or yoga.ca/yaa-store.
- **UPCOMING:**
 Dec 1, 15/21 Barb Hagen Jan 3, 17/22 Alison Irwin
 Feb 1, 15/22 Rachel Foster Mar 2, 16/22 David Wilson



Yasodha Krishnam
 Yoga Teacher, Yoga Therapist, RYT
 Open to Possibility
 2022
 Restorative Retreats
 Yoga Journey
 Karma Yoga
 Online Learning
yasaodha.org
yasaodha@yasaodha.org

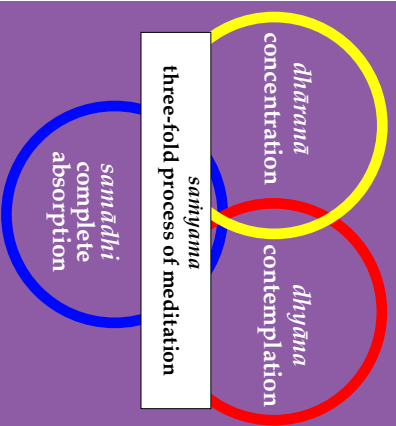
Desikachar Lineage with

YAA Senior & RJ Antze
 Certified Teachers
 Barb Hagen • Marcia Langenberg

- March 12, 2022
- 9:30 am - 1:30 pm
- Location TBA
- \$60 members (\$70 non-mem)
- Information:
 Marcia: langenbe@telus.net
 Barb: bhagen5@icloud.com
 Register: YAA 780-427-8776
 Online: yoga.ca
 Etransfer: yogaab@telus.net



"This is meditation: to give the mind its best possible form." ~TKV Desikachar, *In Search of Mind*



LIFE ANATOMY It's FUNCTIONAL!

with Sherry Ogg, BGS, GCFP, RMT
 For Yoga Teachers & Students
 Anatomy Training: Online (\$49);
 Correspondence (\$75);
 Live (TBA: micromoves.com/therapists.asp)



- Yoga Teachers: Fulfills 15 Recertification Hours
- Yoga Students: Fulfills 15 hour YAA-TTP requirements

micromoves.com/therapists.asp
 is now under Credits / CC tab
info@micromoves.com
 1-877-414-0505 780-414-0273

CHAIR YOGA Teacher Training

With Colleen Dibden, 500 HR Yoga Alliance Certified
 Yoga Teacher



It's fun and

engaging!!

This 2 day Training is for Yoga Teachers interested in gaining knowledge and expertise in this specialized area of practice

Fulfills 15 hours of Yoga Alliance CEUs

Dates: March 11 & 12, 2022
 Location: Prana Yoga Studio, Edmonton
 Cost: \$249+GST

For more information and to register visit:
<http://www.pranayogastudio.ca>



Growing Space
FOR HEALTH AND WEALTH

GROW RESILIENCE!

On your own time, anytime, online, Learn:

- Boundaries
- Self-compassion
- Self-confidence
- Self-care
- Self-esteem
- Self-awareness

Sign up to transform your life for good
[GrowingSpaceforHealthandWealth.com](https://www.growingspaceforhealthandwealth.com)

Effective and engaging virtual guidance
Tools to use on or off your yoga mat.

SAVE THE DATES: YAA EVENTS

Know Your Yoga Body Ad p. 34.

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

2021-22 Senior Teacher Showcase Ad p. 30.

FREE for all YAA members. Twice Monthly online classes with YAA Senior** Teachers. Get to know Alberta's best teachers. Dec 1&15: Barb Hagen**, Jan 3&17: Alison Irwin**, Feb 1&15: Rachel Foster**, Mar 2&16: David Wilson**

YAA-TTP Classes in 2021 & 2022 Ad p. 22-23.

In-person &/or Zoom . 2021: Dec 11; 2022: Jan 22, Feb 12, Apr 23, May 14 and more.** Mentor with highly qualified YAA Certified Senior teachers. Learn at your own pace, tailor to your schedule and "pay as you go". Start anytime!

Deepening Our Practice

Dec 3-5/21, Jan 28-30/22, Apr 1-3/22, Jun 17-19/22. A gathering of friends organized by Anita Sielecki**. A peaceful and supportive retreat allowing you to connect with the Alberta yoga community and yourself.

Deskachar Lineage Workshop Ad p. 31.

March 12 & October 29 Workshops taught by YAA Senior Teachers Marcia Langerberg** and Barb Hagen** in the tradition of T.K.V. Desikachar. All levels welcome. Zoom platform and/or In-Person.



2022 Teaching Skills Workshops Ad p. 23.

March 25-27 w/ Beth McCann & October 21-23 w/ Donalee Campbell**.** Students & teachers welcome. Learn the art of teaching yoga or refine your teaching skills.

2022 AGM Ad p. 27.

April 30, 2022. Board Elections and a FREE workshop w/ a YAA Senior Certified Teacher, Sandra Sammartino** (B.C.) for YAA Members. Noon-3:30pm. Please pre-register: yoga.ca/yaa-store/ or 780-427-8776. You will receive the Zoom Link.

Meditation w/ Kavindu Ad p. 21.**

August 3-7, 2022. If you are looking for peace, love and contentment, learning to be "present" at a workshop with Kavindu will help you find yourself.

IRest w/ Richard Miller Ad p. 2.**

October 14-19, 2022. A life-transformative retreat w/ internationally renowned teacher Richard Miller** (USA) at the "No Mirror to Polish-A Livestream Retreat". Check website (yoga.ca/yaa-store/) for updates. The 2021 Online workshop event was exceptional. Not to be missed. You won't be disappointed.

ALL EVENTS ARE SUBJECT TO CHANGE IN FORMAT OR CANCELLATION DUE TO COVID.

REGISTER: yoga.ca/yaa-store/

**** Denotes Senior YAA Certified Teacher.**

INFORMATION & TO REGISTER: 780-427-8776 OR [YOGA.CA](https://yoga.ca)



INTRODUCING 30-30-30!

30 Days of Yoga
30 Minutes per day
\$30.00

Join anytime! Your 30 day journey begins when you sign up. Classes include Hatha, Yin, Restorative, Bender Ball Yoga and more! All levels and abilities welcome. Visit my online studio to register.

<https://app.hey marvelous.com/kpoweryoga>

Krista Power E-RYT500, YAA600, YACEP, AFLCA

KNOW YOUR YOGA BODY

Five - 3-hour video modules of Anatomy & Physiology w/ YAA Senior Teacher Paula Carnegie Fehr

- \$150 (\$200 for Certificate of Completion if an optional assignment is submitted to fulfil the 15-hr YAA-TTP anatomy requirement)
- Start anytime. Students & Teachers.
- Information: Paula: hiddenmessages.ca@gmail.com;
- Register: 780-427-8776
- yoga.ca/yaa-store/



Yoga Teacher Trainings 2022

Teaching Excellence since 1995.

200hr Immersion
near Calgary at Tullamore Retreat, July 1-17

200hr Weekends
alternating wknds, Strathmore, Sept 10-Dec 18

200hr Hybrid Training
Once a week online via Zoom + 5 day
Immersion at Tullamore Retreat, Feb 5 - Sep 23



SOYA 403-710-4294
300hr Upgrade to RYT500
at Tullamore Retreat near Calgary
Mar 16-27 and Aug 14-25, 2022
www.soyayoga.com info@soyayoga.com



Annual YOGA RETREAT June 3-5

Teaching Excellence since 1995.

In Sorrento, BC with
Nayaswami

Amanda Yoga lineage of Parahansa Yogananda
Gyandev McCord
Author of *Spiritual Yoga*



Celebrate our 27th
Anniversary of bringing
Authentic Yoga Teachings
into today's world.

Registration opens Jan 1,
2022 \$325+gst
SOYA 403-710-4294
[Info@soyayoga.com](http://soyayoga.com/events)
soyayoga.com/events

SISTER WATER - a poem by Felicia Ochs

Elemental as the fire and welcomed by the land
With time and patience, she softens the rough and sharp edges of the rock.
Soft, singular drips
Dew, mist, frost presenting changing herself in a reconciled state of surrender
When the winds of the world are strong and restless,
She offers a down pouring of love, light and laughter to settle the change.

Timeless

She has the enchanting quality of receptivity
A sister to all, she parts to allow what is, in
Pausing, sensing, experiencing impermanence and then, quietly resuming form.

The rock is hit, chipped, shattered

Sister's open hand takes the violence of your, closes, opens and surfaces the rust of a weapon
She is mindlessly polluted by the consumption of our times.
Her friendships with the catfalls, reeds and sand of the shoreline purify her
as they share stories of other times when they were seen and called by name.

She pools in low places, seeking to be leveled

Pausing for a time
Then, she wanders left and right through the valleys
She is at once deep and shallow, grey, green, white and blue.
At times, muddied and at other times clear as the present moment

Her greatest strength is the ability to mirror others.

To reflect them back to themselves whether they are tall standing people,
four-legged, two-legged, those who crawl below or fly high above mother earth.
She sees them.

Grandmother moon's 28 sacred days of teachings stir up waves of emotions
some choppy and destructive, and others soft and rhythmic.

She knows these teachings, and yet each time she hears them, they are new to her present
form.

On the darkest of nights, Grandmother calls her to breathe
and this gentle reminder surfaces a clearer reflection than the day before.

The wintertime, the pronouncement of grief in so many, is her only container

The world around her mistakenly cries out, "Only here. Only now."
This is when she is strongest, steadiest and sustained by the vibrant heartbeat of life
that is protected deep below her frozen surface

Listen closely to the lake

Press up against its surface and stay
Sister's youthful giggles underneath are preparing for the gift of another day.



Upcoming Events

**** denotes YAA Intermediate or Senior Teacher Status! E=Edmonton & Area; C=Calgary & Area O=Online; YAA Members: No charge to advertise your events here and also on the YAA website; YAA Advanced Training Levels require that upgrading hours be taught by YAA Intermediate or Senior Teachers** (or equivalent). ALL EVENTS SUBJECT TO CHANGE DUE TO COVID.**

NOVEMBER 2021

Start the YAA TTP anytime! Ad p 22-23.

- Nov 26 **E Candlelight Yin & Healing Sounds** w/ Marcus & Corinne, 7-9pm, \$35. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.
- Nov 27 **O Introduction to Yoga and Exercise Science. Physiology 101** w/Lisa Workman, 9-noon, \$60. Info@lisaworkman.com.
- Nov 28 **E 3 hr Hatha Training** w/Gerda Krebs**, 12:30-3:30pm, \$50 (Yt members \$45). 780-416-4211; info@yogatoroday.ca; yogatoroday.ca

DECEMBER 2021

- Dec 1 & 15 **O YAA Senior Teachers** Showcase Series, Wednesdays 8-9pm with Allison Iwint****. Get to know Alberta's Best Teachers! Twice/month FREE for all YAA members with a variety of YAA Senior Teachers. Zoom link will be noted on the registration receipt and recordings available in between classes. Reg.: yogaca.yaa-store. Ad p. 30.
- Dec 3-5 **E/O YAA Deepening our Practice: A Gathering of Friends: Fri 6:30pm-Sun 3:30pm, 0-\$25 Sliding Scale.** Providence Renewal Centre or live online via Zoom. Details will be posted at yoga.ca/yaa-store. Info.: Anita Sielecki** 780-432-7152.
- Dec 3 **E/O Monthly Meditation** w/Rebecca Hung, 7pm-8pm, \$18. Yoga Within #302, 8135-102 780-450-9642. yogawithin.ca.

JANUARY 2022

Start the YAA TTP anytime! Ad p 22-23.

- Dec 5 **E Family Yoga** w/ Cynthia Stobbe, 1:30-2:15pm, Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca
- Dec 11 **O YAA Core Curriculum Class - TTP & Upgrading: Forward Bands: 8 Limbs of Yoga Overview w/Teddy Hyndman****, 9:30am-3:30pm, \$80. ONLINE livestream via Zoom. Reg.: YAA 780-427-8776 or yoga.ca/yaa-store. Ad p. 23.
- Dec 18 **C Yoga Nidra Evening** w/Mantirni Mikuska 7:30-9 pm, 403-809-1402; Harmony Yoga Pilates, harmonystudio@protonmail.com.
- Dec 18 **O Introduction to Yoga & Exercise Science. Biomechanics 101** w/Lisa Workman, 9-noon, \$60. Info@lisaworkman.com.
- Dec 19 **E 3 hr Hatha Training** w/Gerda Krebs**, 12:30-3:30pm, \$50 (Yt members \$45). Yoga for Today 780-416-4211; info@yogatoroday.ca; yogatoroday.ca.
- Dec 19 **E Family Yoga** w/ Cynthia Stobbe, 1:30-2:15pm, Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.
- Dec 19 **E/O Winter Solstice** w/Sawinder Stran, 6:30pm-8:30pm, \$30. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.
- Dec 24-Jan1 **C 8 Days of Yoga!** 8 unique daily themed practices for the Holidays. Calgary Vengar Yoga. Reg/details: calgaryvengaryoga.com/pvrid/or 403-457-4070.
- Dec 24 **E Christmas Eve Candle Classes in Person & On Zoom w/Danet Lockan. Light Yin Class: 9:15-10:30am. Light Hatha: 11-12:30pm. \$20 (\$18 seniors).** Yoga for Today 780-416-4211; info@yogatoroday.ca; yogatoroday.ca
- Jan 2 **E/O Free Yoga Day, 8:30am-1:30pm.** Yoga Within #302, 8135-102 St. 780-450-9642. Please watch our website for details: yogawithin.ca.
- Jan 2-31 **E/O Yoga Quest, \$75/month.** Yoga Within #302, 8135-102 St. 780-450-9642. Please watch at www.yogawithin.ca for details.
- Jan 3-7 **E 5 Day Kundalini Clinic.** Yoga for Today 780-416-4211; info@yogatoroday.ca; yogatoroday.ca
- Jan 3 & 17 **O YAA Senior Teachers** Showcase Series, Mondays 8-9pm w/ Barb Hagen** (St. AB). Get to know Alberta's Best Teachers!** Twice/month FREE for all YAA members with a variety of YAA Senior Teachers. Zoom link will be noted on the registration receipt and recordings available in between classes. Reg.: yoga.ca/yaa-store. Ad p. 30.
- Jan 6-Feb 24 **E Trauma Informed Yoga** w/ Jeremy Bell, Thurs, 6pm-7:15pm, Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca
- Jan 7 **E/O Monthly Meditation** w/ Rebecca Hung, 7-8pm, \$18. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.
- Jan 9 **E Family Yoga** w/ Cynthia Stobbe, 1:30-2:15pm; Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca
- Jan 9-15 **O Week long Meditation** w/ Rebecca Hung, 8:30pm-9pm, Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca
- Jan 14 **E Creating Space for the New Year** w/ Frances Gagnon, Barb Hagen & Darlene Klassen, Yoga fundraiser for a Senior fund administered by the St. Albert Seniors Association. 1-3pm, \$25. Yoga flows, sound & asanas. Silent auction w/ yoga-themed items. Coffee/tea & camaraderie to end. Red Willow Place, 7 Tache St., St. AB. Pre-reg. (780)459-0433, ext. 0. Info: stalbertainiors.ca/social/special-events/.
- Jan 15-16 **O Principles and Practices of Pranayama** w/ Richard Miller**. The foundations of pranayama for yoga, therapy, meditation, and for developing and maintaining a personal practice. Livestreamed via Zoom. rest.org/events

- Jan15&Jan22 **E/O Trauma Informed Teacher Training Part 1 & Part 2** w/Jenn Cardoso, 9-11am, \$349. (\$249 early bird to Dec 3). Yoga for Today 780-416-4211. info@yogatoroday.ca; yogatoroday.ca
- Jan 16. **C Tools for Good Balance** w/ Usher Fleisling, Calgary Vengar Yoga. Reg/details: calgaryvengaryoga.com/pvrid/or 403-457-4070.

- Jan 22 **E/O YAA Core Curriculum Class - TTP & Upgrading: Standing Balances; Yamas w/ Marla Langenberg****, 9:30am-3:30pm, \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd. OR livestream via Zoom. YAA 780-427-8776. yoga.ca/yaa-store. Ad p. 23.
- Jan 22. **C Happy Hips & Healthy Lower Back Workshop** w/ Sharon Fixler, Calgary Vengar Yoga. calgaryvengaryoga.com/pvrid/or 403-457-4070.
- Jan 23 **E Advancing with Yoga** w/Gerda Krebs**, Yoga for Today 780-416-4211; info@yogatoroday.ca; yogatoroday.ca

- Jan25-Dec6 **O Breathing for Life: The Principles, Foundations and Practice of Pranayama** w/ Richard Miller**. One Tuesday a month for 12 months, 3- 5pm MST. Livestreamed via Zoom. rest.org/events/

- Jan 28-30 **E/O YAA Deepening our Practice Retreats: A Gathering of Friends, Asana, Meditation, Therapeutic & Restorative Practices, Fr 6:30pm-Sun 3:30pm.** Location TBA (Providence Renewal Centre or live online); check yoga.ca/product-category/workshops-classes/ for updates. Info.: Anita Sielecki** 780-432-7152.
- Jan 29-Feb 13 **E Reiki Level 1 Training** w/ Rebecca Hung, 7:00pm-8:00pm, \$300. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca.

FEBRUARY 2022

- Feb 1 & 15 **O YAA Senior Teachers** Showcase Series, Tuesdays with Rachel Foster****. Get to know Alberta's Best Teachers! Twice/month FREE for all YAA members with a variety of YAA Senior Teachers. Zoom link will be noted on the registration receipt and recordings available in between classes. Reg.: yoga.ca/yaa-store. Ad p. 30.

Feb 4

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

Feb5-Sep24 **C/O Online & Immersion RYT 200 Hour**

Yoga Teacher Training w/SOYA. Classical yoga. Online Sat. 9-2pm MT. One week immersion near Calgary at end. Classes recorded for missed sessions \$3200+gst. Early reg. save \$300. Becky 403-710-4294, soyayoga.com. info@soyayoga Ad p. 34.

Feb 6

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

Feb 12

E/O Feb 12 YAA Core Curriculum Class - TTP & Upgrading: Twists; Niyamas w/ Karen Hamdon.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. YAA 780-427-8776. yogga.calyaa-store. Ad p. 23.

Feb 13

E 3 hr Hatha Training w/Gerda Krebs** 12:30-3:30pm. \$50 (Ytt members \$45). Yoga for Today 780-416-4211. info@yogatoroday.ca. yogatoroday.ca

Feb27-Mar5 **Restoration, Recuperation & Foundations Retreat** w/ Ty Chandler & Sharoni Fikler in Puerto Vallarta. Reg. calgaryvinyoga.com/pvri and/or 403-457-4070.

MARCH 2022

Start the YAA TTP anytime! Ad p 22-23.

Mar 1 **YAA Deadline for Initial Certification & Recertification applications for May approval.** Email cert@yoga.ca.

Mar 2, 16

O YAA Senior Teachers Showcase Series.** Tuesdays with David Wilson** Get to know Alberta's Best Teachers! Twice/month FREE for all YAA members with a variety of YAA Senior Teachers. Zoom link will be noted on the registration receipt and recordings available in between classes. Reg.: yogga.calyaa-store. Ad p. 30.

Mar 4

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

Mar 6-12 **Level 2,3,4 Retreat** w/Ty Chandler & Sharoni Fikler in Puerto Vallarta. Reg/ details: calgaryvinyoga.com/pvri and/or 403-457-4070.

Mar 11-12. **E Chair Yoga Teacher Training** w/ Colleen Dibden. Friday 5-9pm. Sat. 8am-5pm. Prana Yoga Studio. \$249+gst. Info: cl.dibden@gmail.com. pranayogastudio.ca Ad p. 31.

Mar 12

YAA Yoga in the Desikacher Lineage w/ Barb Hagen & Marcia Langenberg**.** Sūtras III.1-4; sāmyama (three-fold process); dhāraṇā (concentration), dhyāna (contemplation), samādhi (complete absorption). Loc'n TBA. 9:30am-1:30pm. \$60mem/\$70non-mem. Info: Barb 780-991-4153; Marcia 780-436-3767. Reg. yogga.calyaa-store. Ap p.31.

Mar 12-13

E Pain Care Yoga: The Art and Science w/Terr Jones. 9-4:00pm. \$275 (early bird \$250 prior to Feb 15). Yoga for Today 780-416-4211. info@yogatoroday.ca. yogatoroday.ca

Mar 13

E 3 hr Hatha Training w/Gerda Krebs** 12:30-3:30pm. \$50 (Ytt members \$45). Yoga for Today 780-416-4211. info@yogatoroday.ca. yogatoroday.ca

Mar16-27&Aug14-25 **C Immersion RYT 300 Hour Professional Upgrade to RYT500 Yoga Teacher Training in 2 Modules** w/ South Okanagan Yoga Academy. Advance your teaching skills toward becoming a Yoga Teacher Trainer. Begin in either module, both needed for certification. \$4195 + gst - Early reg. save \$300. Tullamore Retreat Centre. Teacher Refresher ½ price - full or half program. Accommodations/meals extra. Info: Becky 403-710-4294, soyayoga.com. info@soyayoga.com Ad p. 34.

Mar 18-20

E Kids Yoga Teacher Training w/ Rita Maltais. Yoga for Today 780-416-4211. info@yogatoroday.ca. yogatoroday.ca

Mar 25-27

E/O YAA TTP Spring Teaching Skills Workshop w/Beth McCann**. Fri 7-9pm, Sat/Sun 9am-5pm. \$225. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. Register YAA 780-427-8776 or yogga.calyaa-store

APRIL 2022

Apr 1-3

E/O YAA Deepening our Practice Retreats: A Gathering of Friends, Asana, Meditation, Therapeutic & Restorative Practices. Fri 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online); check yoga.calyaa-store for updates. Info.: Anita Silecki** 780-432-7152.

Apr 23

E/O YAA Core Curriculum Class - TTP & Upgrading: Shoulder/Arm Focus; Bhagavad Gita w/ Karen Hamdon**. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. YAA 780-427-8776. yogga.calyaa-store. Ad p. 23.

Apr 30

O YAA AGM on Zoom, Elections & Free Workshops: "Releasing Stress Through Yoga and Toning" with SANDRA SAMMIARITINO (B.C.) for YAA members. 12:30-4:55pm. Join the Alberta Yoga Community! Register yogga.calyaa-store Ad p. 27.

MAY 2022

May 14

E/O YAA Core Curriculum Class - TTP & Upgrading: Backbends; Guns & Koshas. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. YAA 780-427-8776. yogga.calyaa-store Ad p. 23.

JUNE 2022

Start the YAA TTP anytime! Ad p 22-23.

SOYA Annual Retreat 27th Anniversary Celebration. Spiritual Yoga taught by special guest Nayaswami Gyandev

Jun 3-5

(Yogananda) tradition w/ South Okanagan Yoga Academy @Sorrento, BC. Info: Becky 403-710-4294, soyayoga.com. info@soyayoga.com Ad p. 34.

Jun 4

E/O YAA Core Curriculum Class - TTP & Upgrading: Surya Namaskar and variations; Ujjayi; Tantra/Manttra w/ Teddy Hyndman.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. YAA 780-427-8776. yogga.calyaa-store. Ad p. 23.

Jun 10-12 **E The Alchemy of Emotions: The Yogic Practice of Rasa** On Zoom w/Anne Douglas. Fri 6:30-8:30pm. Sat/Sun 1-5pm. \$250 (\$225 before May 1). 780-416-4211; info@yogatoroday.ca. yogatoroday.ca

Jun 17-19

E/O YAA Deepening our Practice Retreats: A Gathering of Friends, Asana, Meditation, Therapeutic & Restorative Practices. Fri 6:30pm-Sun 3:30pm. Location TBA (Providence Renewal Centre or live online); check yoga.calyaa-store for updates. Info.: Anita Silecki** 780-432-7152.

Jul 1

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

July 1-17

C Immersion RYT 200 Hour Yoga Teacher Training w/ South Okanagan Yoga Academy. Classical yoga program. \$3200+gst. Early reg. save \$300. At Tullamore Retreat Ctre in Calgary. Teacher Refresher ½ price. Accommodations/meals extra. Becky 403-710-4294, soyayoga.com. info@soyayoga.com Ad p. 34.

AUGUST 2022

Aug 3-7

E/O YAA Presence & Warmth: A Mindfulness Meditation & Gentle Yoga Retreat w/Kavindu (Mexico) Wed. 3pm-Sun 1pm. Location TBA (Providence Renewal Centre or live online); updates check: yogga.calyaa-store. Anita 780-432-7152; silecki@hotmail.com. Ad p.21.

SEPTEMBER 2022

Start the YAA TTP anytime! Ad p 22-23.

Sept10-Dec18 **Weekend RYT 200 Hour Yoga Teacher Training** w/ South Okanagan Yoga Academy. Classical yoga program Sat/ Sun every 2nd wknd. \$3200 + gst - Early reg. save \$300. Held at Becky Stone Yoga, Strattonore, AB. Teacher Refresher ½ price. Info: Becky 403-710-4294. soyayoga.com. info@soyayoga.com

Sep 17
E/O YAA Core Curriculum Class - TTP & Upgrading: Inversions: Bhastrika & Subtle Body Anatomy w/ Teddy Hyndman* . 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. YAA 780-427-8776. yoga.ca/yaa-store.

OCTOBER 2022

Start the YAA TTP anytime! Ad p 22-23.

Oct 14-19 O YAA No Mirror to Polish, a Live Streaming Retreat w/ Richard Miller** (USA) yoga.ca/product-category/workshops-classes/ or Anita (780) 432-7152 for info. Ad p. 2.

Oct 21-23 E/O YAA TTP Spring Teaching Skills Workshop w/ Donaltee Campbell**.
Friday 7-9pm, Sat&Sun 9am-4:30pm. \$225. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. Edmonton OR livestream via Zoom. Register YAA 780-427-8776 or yoga.ca. Ad p. 23.

Oct 29 E/O in the Desikachar Lineage w/ Barb Hagen** & Marcia Langenberg**. Nature of the Mind. Loc. TBA. 9:30am-1:30pm. \$60/men, \$70/nonmen. Info. Barb 780-991-4153, Marcia 780-436-3767. Reg.: yoga.ca/yaa-store. or YAA 780-427-8776. Ad p 31.

NOVEMBER 2022

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

Nov 19 E/O YAA Core Curriculum Class - TTP & Upgrading: Pranayama & Meditation Overview: Sutras Pada 2 w/ David Wilson**. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. YAA 780-427-8776. Ad p. 23.

DECEMBER 2022

Dec 3 E/O YAA Core Curriculum Class - TTP & Upgrading: Special Concerns & Limitations w/ Marcia Langenberg**. Sutras Pada 4** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Great Rd. OR livestream via Zoom. Register YAA 780-427-8776 or yoga.ca.

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. Phone registration without payment may only be held for 7 calendar days.
Transfers: Transfer of your registration payment to another participant is not permitted.
Cancellations: There are no refunds for cancellations received within two weeks prior to any YAA event. Cancellation fees will apply when cancellations are received more than two weeks prior to the YAA event, in which case you MAY qualify for an 80% refund if your space can be filled by another registrant. Cancellation due to illness (with a doctor's note) or due to unforeseen emergencies, MAY qualify for a refund depending on the overall event budget, which can only be evaluated after conclusion of the event.



ASSOCIATION OF ALBERTA

**BOASTING ABOUT BOLSTERS
STRONG • STYLISH • UNIQUE OVAL DESIGN
MADE IN ALBERTA BY THE YAA!**

- Hand-made, unique design
- Locally made and sourced
- Multiple uses / applications
- Supports a personal yoga practice or for studio use
- Highly functional zipper-free, oval-shaped bolster stays in place securely instead of rolling away, which can be a problem when using round-style bolsters
- Body can naturally mould around its oval shape, allowing for a gentle, even stretch
- Two durable covers: inner & outer
- Variety of colours and patterns
- Sturdy handle making it easy to pick up
- Inclusion of a stabilizing inner core keeps the padding in place even after years of use and also adds a comfortable, therapeutic firmness to the bolster.



- **MEDIUM: \$70.00 +15 - \$67 each; 9" x 28" Long**
- **LARGE: \$78.00 +15 - \$75 each; 11" wide x28" Long**
- **SMALL: \$50.00 round, travel 6" wide x 22" Long**



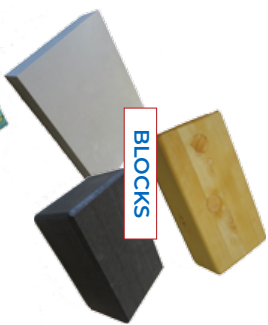
PROPS AND MORE



STRAPS



BLOCKS



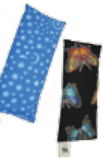
10lb SANDBAGS



MATS Jade, Manduka Hugger Mugger, Zenation



EYEBAGS



JOY-A-TOES TOE SPREADERS



YOGA PROP CARRIERS



INDIA BLANKETS



BOLSTERS - 3 sizes, assorted patterns/colours



MEDITATION CUSHIONS, BACK CHAIRS



PRICES ON PAGE 43 & ONLINE yoga.ca
TEXT IN "BLUE" = props made in Alberta or Canada



PURCHASE PROPS AT OFFICE OR ONLINE AT yoga.ca

BLANKETS

Indian Blankets: white, cotton

BLOCKS: Made in AB or BC

Chipped Green Foam Block: Sorry no longer available from manufacturer.

Lightweight Grey or Black Blocks: 2" x 8" x 12", 20 or more @ \$11.50

Black Foam Bricks: 4" x 6" x 9", 20 or more @ \$13.50

Wood Blocks: 3" x 4.5" x 9". Made in Alberta

BOLSTERS: Washable cover. Hand-made Alberta with core. Assorted fabrics/colours.

Large Oval: 11" diameter x 28" long, members: 15 or more @\$75.00

Medium Oval: 9" diameter x 28" long, members: 15 or more @\$67.00

Small Round: 6" diameter x 22" long

BOOK: *Yoga Therapy for Backs* by David McAmmond & Anita Stelecki

CHAKRA BANNERS: white background

EYEBAGS: flaxseed, unscented, with washable cover, hand-made AB

JOY-A-TOES: soothing and healing stretch for your feet and toes (S, L)

MAGNESIUM: bath salt or spray, subtle energy.

MAGNETIC HEALING JEWELRY: necklaces, bracelets, earrings

MEDITATION

Wood Bench with folding legs: and-made AB

Back-Jack Chair: adjustable, supports back, washable cover

Crescent Shaped Cushions (Zafu): washable cover

MATS & CARRIERS

Tapas®: Travel, 68" or 74";

Jade Mats: Travel, 68", 74",

Manduka® Pro 71" or 85", extra wide

Manduka® Pro-Lite: 71" or 79"

Manduka® Superlite Travel

Manduka® & Jade Hot Yoga Towels

Zensation EcoMat: recyclable, compostable, cushioned

Half Moon XWide and XLong Grey

NETI POTS: plastic and ceramic

NETI SALT (8 or 10 oz)

SANDBAGS (10 lb): assorted fabrics Hand Made AB

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)

TONGUE CLEANERS: copper

WILSON METHOD MYOFACIAL YOGA BALLS (4 sizes included)

YOGA / PEDICURE SANDALS (toe-separators) S - XL

NEW AND USED YOGA BOOKS, CDS, DVDs, POSTERS AVAILABLE IN STORE

Prices include GST \$\$

47.-

12.-

14.-

22.-

78.-

70.-

50.-

38.-

32.-

15.-

31.-

35.-

5.-/24.-

39.-

71-

73.-

23-/31-/36.-

59-/88-/95.-

137-/166.-

112-/119.-

59.-

25-/35.-

39.-

40.-

20-/24.-

5-/10.-

22.-

8-13.

5.-

85.-

47.-



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