

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

Article topic	Issue	Year	Title	Article Author -location
Anatomy	Winter	2012	Anatomy for the Inward Path	Matthew van der Giessen - Edmonton
Anatomy	Autumn	2014	Connective Tissue – Easing the Physical Ties That Bind	Matthew van der Giessen - Edmonton
Anatomy	Autumn	2020	Health and Holism: Vagus Nerve and Yoga	Donalee Campbell - Sherwood Park
Asana	Spring	2014	Take Your Vitamins	Sandra Sammartino - Whiterock, BC
Asana	Autumn	2014	Practicing Asana Safely	Peter Skirving - Calgary
Asana	Winter	2018	Learning about āsanas: Ardha Matsyendrasana II	David McAmmond - Calgary
Asana	Spring	2018	Learning about āsanas: <i>Viparita Karani</i>	Corinne Milroy - Edmonton
Asana	Autumn	2018	Learning about āsanas: Uttānāsana	Marcia Langenberg - Edmonton
Asana	Winter	2019	Learning about Asanas: Shoulderstand, Plough, Fish: Tranquility Always	Sandra Sammartino - Whiterock, BC
Asana	Spring	2019	Learning about āsanas: Savāsana: Looks Easy but Difficult to Master	Angie Ackerman - Beaumont
Asana	Autumn	2019	Learning about āsanas: Ardha Chandrasana - An Energizing and Exhilarating Pose	Valerie Wasylishen - Edmonton
Asana	Winter	2020	Learning about āsanas: Paschimottanasana - sitting forward bend	Marion (Mugs) McConnell - Cardston
Asana	Spring	2020	Learning about āsanas: Breath and voice: Harmony in our practice (pranayama, sound)	David Wilson - Edmonton
Asana	Autumn	2020	Chair Yoga: Benefits for seniors	Francesca Wildman - Edmonton
Ayurveda	Spring	2010	Ayurveda Tip	Laurie McClelland and Sandra Parr - Edmonton
Ayurveda	Winter	2011	Ayurveda Tips for the Cold and Flu Season	Laurie McClelland and Sandra Parr - Edmonton
Lineage: Brahma Kumaris	Winter	2010	The Nature of Giving	Mike George - Cotswolds, England
Lineage: Brahma Kumaris	Autumn	2011	Raja Yoga: The Three Schools of Life	Mike George - Cotswolds, England
Lineage: Brahma Kumaris	Autumn	2013	Are You the Master of Your Mind?	Mike George - Cotswolds, England
Lineage: Brahma Kumaris	Autumn	2018	Why Yoga? How Yoga?	Sister Denise Lawrence
Lineage: Buddhism	Winter	2016	Practicing Loving-Kindness II	Bnjante Henepola Gunaratana (founder, Bhavana Society)
Lineage: Desikachar Lineage	Spring	2010	Yoga: A Path to Reduce Suffering	Marcia Langenberg - Edmonton
Lineage: Desikachar Lineage	Autumn	2011	Yoga: A Process of Transformation	Marcia Langenberg - Edmonton
Lineage: Desikachar Lineage	Spring	2014	Steadiness and Ease in Asana	Ja'net Barchard-Smith - Calgary
Lineage: Desikachar Lineage	Autumn	2015	The Stages of T. Krishnamacharya's Yoga: a personal perspective	Rosemary Jeanes Antze - Toronto
Lineage: Desikachar Lineage	Autumn	2016	TKV Desikachar tribute	Richard Miller - California
Lineage: Desikachar Lineage	Winter	2017	Remembering TKV Desikachar: The spread and essence of his teaching	Rosemary Jeanes Antze - Toronto
Lineage: Desikachar Lineage	Spring	2019	Embodying the Yoga Sūtras	Rosemary Jeanes Antze - Toronto
Lineage: Desikachar Lineage	Winter	2020	Dharma and Svadharma	Beverley Moore - Sherwood Park
Lineage: Himalayan Tradition	Autumn	2011	Book Review: The Science of Breath: A Practical Guide by Swami Rama, Rudolph Ballentine, Alan Hymes	Linda Bock - Edmonton
Lineage: Himalayan Tradition	Winter	2013	Book Review: Philosophy of Hatha Yoga by Pandit Usharbudh Arya (Swami Veda Bharati)	Dave Downing - Onoway
Lineage: Himalayan Tradition	Spring	2019	The Himalayan Tradition of Yoga Meditation	Dave Downing - Spruce Grove
Lineage: Iyengar Yoga	Winter	2010	The Hidden Importance of Linking	Siegfried Bleher - Morgantown, West Virginia
Lineage: Iyengar Yoga	Winter	2010	Practising Across Canada	Barb Deneka - Edmonton
Lineage: Iyengar Yoga	Winter	2011	Yoga As Science - A Study of the Iyengar Method	Siegfried Bleher - Morgantown, West Virginia
Lineage: Iyengar Yoga	Autumn	2011	A Reflection on the 2011 AGM of the Iyengar Association of Canada	Barb Deneka - Edmonton
Lineage: Iyengar Yoga	Autumn	2013	Book Review: Light on Pranayama by BKS Iyengar	Judith Mirus - Edmonton
Lineage: Iyengar Yoga	Spring	2014	An Overview of Yogacarya BKS Iyengar's "Jnana in Asana: Experiential Knowledge"	Sharoni Fixler - Calgary
Lineage: Kripalu Yoga	Winter	2017	Kripalu Yoga	Dina Pereira - Hamilton
Lineage: Kundalini Yoga	Winter	2014	Kundalini Yoga As Taught by Yogi Bhajan	Tracy Gawley - Calgary
Lineage: Kundalini Yoga	Autumn	2014	Kundalini Yoga as a Path to Addiction Recovery	Sat Dharam Kaur - Owen Sound, ON and Caroline Haverkort - Edmonton
Lineage: Tantra Yoga	Autumn	2015	Book Review: <i>The Radiance Sutras: 112 Gateways to the Yoga of Wonder &amp; Delight</i> by Lorin Roche	Jodi Ouellette - Calgary
Lineage: Tantra Yoga	Spring	2020	The Feminine Face of Yoga	Anne Douglas - Banff
Meditation	Spring	2010	Where Am I Supposed to Feel This? (Buddhist Meditation, Yoga, Meditation)	Kavindu - Mexico City
Meditation	Autumn	2012	Book Review: Meditation From the Mat: Daily Reflections on the Path of Yoga by Rolf Gates & Katrina Kenison (Yoga and Meditation)	Mary Janet Schouten - Edmonton

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Meditation	Autumn	2013	Why Mindfulness Isn't a Good Thing (or New) (Buddhism)	Stephen Schettini - Hudson, Quebec
Meditation	Winter	2014	Mindfulness: Reflections on a Conference with Thich Nath Hanh	Oda Lindner - Niagara on the Lake, ON.
Meditation	Winter	2015	Mindfulness in Education	Michelle Johnston - Edmonton
Meditation	Winter	2015	Meditation in the YAA-TTP	Donalee Campbell - Sherwood Park
Meditation	Spring	2015	Book Review: Poems for Meditation; An Invitation by Antoinette Voue Roeder	Glenda Sartore - Sherwood Park
Meditation	Winter	2016	Embodied Mindfulness	Kat Boehm - Edmonton
Meditation	Winter	2016	The view from the Centre © Mike George 2013, Clear Thinking Online Newsletter	Mike George - Cotswolds, England
Meditation	Winter	2017	BodySensing	Anne Douglas - Banff
Meditation	Spring	2017	BodySensing: Taking "Feel your body" to a whole new level	Kirsten Guest - Kimberley, BC
Meditation	Spring	2017	The journey of mindfulness into the public eye	Anita Sielecki - Edmonton
Meditation	Spring	2017	Book review: The iRest program for healing PTSD: A proven effective approach to overcoming trauma by Richard Miller	Jodi Ouellette - Calgary
Meditation	Spring	2017	Meditation using natural wisdom	Kavindu - Mexico City
Meditation	Spring	2018	Have YOU chosen your silence? Reprinted with permission from "Clear Thinking: Reflections on living with love, light and power."	Mike George - Cotswolds, England
Poetry	Winter	2012	Welcome Home	Debbie Spence - Edmonton
Poetry	Spring	2012	The Gardener	Phil Paradis - Edmonton
Poetry	Autumn	2012	Offerings	Wendy Grant - Golden, BC
Poetry	Autumn	2012	No	Wendy Grant - Golden, BC
Poetry	Winter	2013	Air Travel	Cindy Gibson - Banff
Poetry	Winter	2013	Ode to Yoga Equipment	David Wilson - Edmonton
Poetry	Autumn	2013	False Growth	Phil Paradis - Edmonton
Poetry	Winter	2014	The Artist	Debbie Spence - Edmonton
Poetry	Spring	2014	Flower Meditation: A Present for You	Janet Pearce - Edmonton
Poetry	Spring	2014	I Have a Visitor	Angelika Hoffman - Edmonton
Poetry	Spring	2015	Not a Christian, or Jew or Muslim	Mevlana Jalaluddin Rumi
Poetry	Autumn	2015	Buddha in my Garden	Anne Douglas - Banff
Poetry	Winter	2018	Song of the soul (Shri Adi Shankara, <i>Atma Satakam</i> )	Shri Adi Shankara
Poetry	Winter	2019	Big Emptiness	Wendy Grant - Golden, BC
Poetry	Spring	2019	Beyond Matter	Debbie Spence - Edmonton
Poetry	Autumn	2019	Lighting the Way - honouring Gerda Krebs (founding member YAA in 1976) on her 85th birthday	Debbie Spence - Edmonton
Pranayama	Winter	2011	Deep Breathing Techniques	Friedel Khattab - Edmonton
Pranayama	Winter	2016	The Breath is Life's Teacher (first published in Yoga Bridge, Summer 1996)	Donna Martin - Kamloops, BC
Sound	Winter	2010	CD Review: Keeping Me Close by Debbie Spence	Peter Windel - Edmonton
Sound	Spring	2010	Sonic Yoga: Sound, Mind & Body	Don Hill - Edmonton
Sound	Autumn	2010	Flirting With Ecstasy: Yoga for the Voice	David Wilson, Edmonton
Sound	Autumn	2013	Chanting: Sound Medicine for the Modern World	Pamela Alexander - Calgary
Sound	Autumn	2013	CD Review: A Deeper Light by Deva Premal and Mitten	Tracy Gawley, Calgary
Sound	Winter	2014	CD Review: Merged – A Morning Sadhana with Tracy Gawley	Pamela Alexander - Calgary
Sound	Winter	2017	Mantra: A way to create quietude in your life	Dianna Martin - Red Deer
Yoga Association of Alberta	Autumn	2010	YAA Code of Ethics	YAA administration
Yoga Association of Alberta	Winter	2014	For the Love of Yoga: Reflections in the Past, Present, Future	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Winter	2014	The Yoga Association of Alberta - My Yoga Lifeline	Val Kunimoto, Lethbridge
Yoga Association of Alberta	Winter	2016	President's message: "This is how it is"	David McAmmond - Calgary
Yoga Association of Alberta	Winter	2016	Origins: 40th anniversary of the Yoga Association of Alberta 1976-2016	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Winter	2016	Teacher training and certification: Seasons of change	Donalee Campbell - Sherwood Park

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Yoga Association of Alberta	Spring	2016	Who's Who: 40th Anniversary of the Yoga Association of Alberta:1976-2016 (presidents, administrators, int'l teachers listed)	Debbie Spence - Edmonton
Yoga Association of Alberta	Autumn	2016	Editor's message: Review of the Yoga Bridge editorial process	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA Strategic Planning Survey 2017-2021	Karen Kirkwood - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Executive Director report	Debbie Spence - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM:Teacher Training and Certification	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Tribute to Debbie Spence	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Yoga Bridge Newsletter report	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Winter	2017	President message: YAA history	David McAmmond - Calgary
Yoga Association of Alberta	Winter	2017	Teacher training and certification: Lineage in the YAA	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Spring	2017	Yoga Bridge issues 2015-2016: a summary of Yoga scriptures, lineages, contemporary practices, Alberta practitioners, books, film	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2017	President's message: Is it all about the finger?	David McAmmond - Calgary
Yoga Association of Alberta	Autumn	2017	Editor's message: My Yoga journey	Norm Cowley - Edmonton
Yoga Association of Alberta	Autumn	2017	Teacher training and certification: Responsibility and relevance - Ethics in the Yoga community	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2017	Sun shines on YAA's Yoga in the Park	Debbie Spence - Edmonton
Yoga Association of Alberta	Winter	2018	Teacher training and certification: Program updates	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Spring	2018	Teacher training and certification: YAA is Yoga Alliance RYS-200	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2018	Why Yoga instructors should have insurance	Toole Peet & Co Ltd - Calgary
Yoga Association of Alberta	Autumn	2018	Minutes in brief: The YAA needs help to become pioneers again	David Mulsby, Norm Cowley - Edmonton and Debbie Spence - Edmonton
Yoga Association of Alberta	Spring	2019	Raising the Bar on YAA Certification Standards	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Winter	2020	YAA TTP Apprenticeship Model: A reputation for excellence	Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Spring	2020	Teacher Tribute Series: YAA Honours our Teachers	Anita Sielecki - Edmonton
Yoga Association of Alberta	Spring	2020	Honouring our teachers 1. Sandra Sammartino: Adventures in Authenticity	Erin Michie - Edmonton
Yoga Association of Alberta	Spring	2020	Honouring our teachers 2. Richard Miller: Yoga Nidra - Life still a mystery for founder of iRest	Marthe Murphy - Edmonton
Yoga Association of Alberta	Spring	2020	Honouring our teachers 3. Rosemary Jeans Antze: Yoga - a continuous thread through her life	Marcia Langenberg - Edmonton
Yoga Association of Alberta	Autumn	2020	President's report: Sharpening our Yogic tools for times of intense anxiety	David McAmmond - Calgary
Yoga Association of Alberta	Autumn	2020	YAA Annual General Meeting virtual debut	Debbie Spence - Edmonton and Donalee Campbell - Sherwood Park
Yoga Association of Alberta	Autumn	2020	YAA Survey: Teacher's Comments	YAA administration
Yoga Online Instruction	Spring	2018	Time tested practice can survive popular online yoga presence	Anne Jablonski - Virginia
Yoga Online Instruction	Autumn	2020	Pandemic tests studio's peaceful practice	Melanie Checknita - Edmonton
Yoga Outreach	Spring	2010	Yoga at the Women's Prison	Francesca Wildman - Edmonton
Yoga Outreach	Spring	2010	Yoga Outreach	June Knobel - Leduc
Yoga Outreach	Winter	2011	Yoga Outreach: A Change	Judy Murphy - Edmonton and June Knobel - Leduc
Yoga Outreach	Winter	2012	Yoga Outreach Program History	Marcia Langenberg - Edmonton
Yoga Outreach	Winter	2012	Insights from Outside City Limits	Mary Leblanc - Duffield
Yoga Outreach	Winter	2012	Care to Dance	Judy Murphy - Edmonton
Yoga Outreach	Winter	2012	Reaching Out with Yoga in Rural Alberta	Jennifer Miller -Wainwright
Yoga Outreach	Autumn	2012	Yoga in Alberta Prisons	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2012	Why I Do It?	David McAmmond - Calgary
Yoga Outreach	Autumn	2012	Yoga on the "Inside": An inmate's story	Allistair Middleton - Edmonton
Yoga Outreach	Autumn	2012	Going to Jail Today	Kelly Boys - California
Yoga Outreach	Winter	2013	Part 1: Juan Carlo's Yoga Journey	Anita Sielecki - Edmonton and David McAmmond - Calgary

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Yoga Outreach	Winter	2013	Part 2: Juan Carlo's First Restorative Yoga Class in a Centre for Social Assistance	Juan Carlos - Mexico City
Yoga Outreach	Winter	2013	Three Women's Stories	Judy Murphy - Edmonton
Yoga Outreach	Autumn	2015	YAA Executive Director's Message: Yoga in Schools Residency Pilot Project (YSRP)	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2016	YAA Prison outreach program I: Teaching Yoga inside and outside	Fran Wildman - Edmonton
Yoga Outreach	Autumn	2016	YAA Prison outreach program II: Meditation and song	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2016	YAA Prison outreach program III: Remand outreach	Barbara Breau - Red Deer
Yoga Outreach	Spring	2019	Yoga Outreach Program: Where do your donations go?	Debbie Spence - Edmonton
Yoga Outreach	Autumn	2019	YAA Outreach at Alberta Institutions	Paul Yapp - Edmonton
Yoga Outreach	Autumn	2020	YAA Outreach connects with Indigenous youth	Sara Hastings Morris - Edmonton
Yoga Related Topics	Winter	2010	Weaving Yoga and Expressive Art	Yona McGinnis, Edmonton
Yoga Related Topics	Spring	2010	The Intention to Seek Joy	Erin Michie, Calgary
Yoga Related Topics	Spring	2010	Perfection and Yoga: A Reflection	Pam Moskie, Camrose
Yoga Related Topics	Autumn	2010	Labour of Love: Owning and Operating a Yoga Studio	Irene Chan - Edmonton
Yoga Related Topics	Winter	2011	Staying Connected in the Holiday Season	Pam Moskie - Camrose
Yoga Related Topics	Spring	2012	Yoga for Survival Training	Friedel Khattab - Edmonton
Yoga Related Topics	Spring	2012	Can Yoga Really Wreck Your Body?	Erin Michie - Calgary
Yoga Related Topics	Autumn	2012	Thirty-Six Years of Yoga and Not Done Yet	Lawrie Smith - Edmonton
Yoga Related Topics	Spring	2013	The Inward Journey of Yoga	Oda Lindner - Niagara On the Lake, ON
Yoga Related Topics	Spring	2013	A Spiritual Practice	Deana Kobernick - Edmonton
Yoga Related Topics	Winter	2014	Sradha – A Personal Study	Barbara Hagen - St. Albert
Yoga Related Topics	Autumn	2014	5 Things to Learn From Being Mistaken for a Pregnant Woman	Caitlin Jackson - Edmonton
Yoga Related Topics	Winter	2015	Practice of Awe	Anne Douglas, Banff
Yoga Related Topics	Winter	2015	President's Message: Illusion, Imagination, Reality	David McAmmond - Calgary
Yoga Related Topics	Spring	2015	President's Message: Liberation	David McAmmond - Calgary
Yoga Related Topics	Spring	2015	Sensing the Sacred: Gurukulum Advaita Vedanta	Neil Dalal and Jillian Elizabeth
Yoga Related Topics	Spring	2015	A Living Example of Patanjali's Yoga Sutra I.33	Barb Deneka - Sherwood Park
Yoga Related Topics	Winter	2016	From the Gita to the Grail: Exploring Yoga stories and Western myths, by Bernie Clark	Marion (Mugs) McConnell - Scotch Creek, BC
Yoga Related Topics	Spring	2016	An essential element of a spiritual path	Robin Campbell
Yoga Related Topics	Spring	2016	Positive Thinking: Common sense or metaphysics? Yoga philosophy or New Age hype?	Val Paape - Winnipeg
Yoga Related Topics	Spring	2016	Book Review: Yoga therapy for backs: a practical guide, by David McAmmond with Anita Sielecki	Lonnie DeSorcy - Calgary
Yoga Related Topics	Autumn	2016	The Starfish Story (originally published by the author in "The Unexpected Universe")	Loren Eiseley
Yoga Related Topics	Winter	2017	Letters from the Yoga masters: Teachings revealed, by Marion (Mugs) McConnell	Bernie Clark - Vancouver, BC
Yoga Related Topics	Autumn	2017	Edmonton's last Bikram studio faces a dilemma	Norm Cowley - Edmonton
Yoga Related Topics	Autumn	2017	Yoga still in infant stages in Western world: Peyrow	Norm Cowley - Edmonton
Yoga Related Topics	Winter	2018	Reflections (reprinted with permission Iyengar Yoga Centre Victoria)	Shirley Daventry French - Victoria, BC
Yoga Related Topics	Winter	2019	Why Yoga Isn't Dangerous	Susi Hately- Calgary
Yoga Related Topics	Autumn	2019	Book Review: Practice and All is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond by Matthew Remski	David McAmmond - Calgary
Yoga Related Topics	Autumn	2019	Yoga Trapeze: Practicing in hammock-like device a 'game-changer' (aerial yoga)	Jennifer Steed - Edmonton
Yoga Related Topics	Spring	2020	The Five Tibetans: Ancient practice instructions vary from book to book	Krista Power
Yoga Related Topics	Autumn	2020	Samyama: A fictional piece of non-fiction	Lawrence Dombro - Edmonton
Yoga Styles	Winter	2010	iRest Yoga Nidra: Living the Yogic Path with iRest Yoga Nidra	Kathleen Ludwig - Calgary
Yoga Styles	Autumn	2010	Wisdom Yoga	Oda Lindner - Niagara on the Lake, ON.
Yoga Styles	Spring	2011	An Interview with Sri Dharma Mittra, New York	Dharma Yoga Center
Yoga Styles	Winter	2012	Book Review: Heart Yoga by Karuna Erickson and Andrew Harvey	Vickie MacArthur - Lethbridge
Yoga Styles	Winter	2013	Laughter Yoga	Anna Radyo - Edmonton
Yoga Styles	Winter	2014	Book Review: Move the Body, Stretch the Mind by Judy Murphy	Candice Jackson - Edmonton

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Yoga Styles	Spring	2014	iRest Yoga Nidra: Taking Retreat into Daily Life	Kirsten & Ross Guest - Kimberley, BC
Yoga Styles	Spring	2014	What is Hatha Yoga?	Donalee Campbell - Sherwood Park
Yoga Styles	Spring	2014	Juice Fasting – A Yoga Practice	Keely Scott - Edmonton
Yoga Styles	Winter	2015	Book Review: Yoga Fiction, Yoga Truth by Sandra Sammartino	Claudia Istvanffy - Calgary
Yoga Styles	Spring	2015	Svaroopa Yoga	Rosemary Nogue -Calgary and Louise Harkema - BC
Yoga Styles	Autumn	2017	Explaining the Yamas and Niyamas	No author attributed
Yoga Styles	Autumn	2017	Book review: Yoga with Linda and Shaun by Linda Dumont and Shaun Giroux	Angelique Branston
Yoga Styles	Spring	2018	Book review: Inner engineering: A Yogi's guide to joy by Sadhguru	Brian Olajos - Red Deer
Yoga Styles	Autumn	2018	Book review: Yoga of the subtle body by Tias Little	Sandy Ayre - Edmonton
Yoga Styles	Autumn	2018	Where does our modern Yoga come from? A timeline of historical texts on Yoga Āsana	Oda Lindner - Niagara on the Lake, ON
Yoga Styles	Autumn	2019	Yamas and Niyamas - Quintessential in the path of yoga (Raja yoga)	Neera Prashar - India
Yoga Styles	Winter	2020	Karma Yoga: The missing ingredient	David McAmmond - Calgary
Yoga Teachers / Practitioners / Staff	Spring	2011	In Memory of Maya-Margo	Swami Veda Bharati - Rishikesh, India
Yoga Teachers / Practitioners / Staff	Spring	2011	Maya-Margo Eulogy	Keely Scott - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2011	Members' Memories – Maya-Margo	YAA Members
Yoga Teachers / Practitioners / Staff	Autumn	2011	Obituary – Joe Thibault	Carol Fedun - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2011	Gerda Kreb's 80 <sup>th</sup> Birthday	Chris Erdmann Boyko - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2012	Excerpts from Speeches Given at Rick Hyndman's Memorial Service	No author attributed
Yoga Teachers / Practitioners / Staff	Spring	2014	Deana Kathleen Bard - In Memoriam	No author attributed
Yoga Teachers / Practitioners / Staff	Autumn	2014	Teacher Profile: Alberta's Yoga Baba Helen Eshpeter	Erin Michie - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2015	Anita Sielecki	Richard Miller - California; Sandra Sammartino - White Rock BC; Karen Hamdon - Edmonton;Pippa Feinstein - Toronto; Debbie Spence - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2015	Darlene Krahn	Debbie Spence - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2015	In Memoriam to Mr. B.K. S. Iyengar	Judith Mirus - Edmonton; Margot Kitchen - Calgary; Teddy Hyndman - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2015	A Jewel in the Crown – Dr. K. D. Prithipaul	Carol Fedun - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2015	In Memoriam – Joan Fargey	Beth McCann - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2015	Grace Little - A Tribute With Loving Gratitude and Respect	Paula Carnegie Fehr and Ann Waschuk - Red Deer
Yoga Teachers / Practitioners / Staff	Autumn	2015	Swami Veda Bharati: A Life of Service, a Life of Love (March 24, 1933 - July 14, 2015)	Keely Scott and Dave Downing - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2016	Isa Duxbury: My mentor and friend	Sandrine Pollock
Yoga Teachers / Practitioners / Staff	Spring	2016	Remembering Friedel Khattab	Karen Hamdon - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2016	Bonnie Dunbar - Devoted Yogini and friend	Sarah Aberdeen - Calgary
Yoga Teachers / Practitioners / Staff	Winter	2017	Shirley Johannesen - Canadian Yoga pioneer	Donna Lynn Brown - Winnipeg
Yoga Teachers / Practitioners / Staff	Winter	2017	Donna Martin - a YAA interview (long version of original interview on YAA facebook page Aug 11 2016)	Gaye Oxford - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2017	Honouring YAA teachers: Teddy Hyndman	Judi Mirus - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2017	Honouring YAA teachers: Mary LeBlanc	Martha Miller - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2018	Pranayama teacher chooses different path... For a while. Based on files from Neeru Prashar.	Norm Cowley - Edmonton
Yoga Teachers / Practitioners / Staff	Winter	2018	Life experiences alter Theoret's beliefs	Norm Cowley - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2018	Mudrās, Mantras, Vinyāsas, Meditations: Reflections on four decades as a Yoga teacher	Marion (Mugs) McConnell - Cardston
Yoga Teachers / Practitioners / Staff	Spring	2018	Memoriam: YAA founding member Hilda Pizarro	YAA staff (with files from IYC Victoria newsletter)
Yoga Teachers / Practitioners / Staff	Spring	2018	Memoriam: Barbara Ross Yoga teacher, teacher trainer and friend	Sonja Evans and Sappho Balfour - Calgary
Yoga Teachers / Practitioners / Staff	Autumn	2018	Margot Kitchen: A Yogini's contributions, challenges and blessings	Cynthia Palahniuk - Calgary
Yoga Teachers / Practitioners / Staff	Winter	2019	Teacher Tribute: Barbara Eastham, Contemporary Yogini	Jodi Ouellette - Calgary
Yoga Teachers / Practitioners / Staff	Spring	2019	In Memoriam: Geeta S. Iyengar 1944-2018, Pune, India	Judith Mirus - Edmonton
Yoga Teachers / Practitioners / Staff	Spring	2019	Grandfather of Yoga: Fully Immersed in Yoga. A profile of David McAmmond	Lonnie DeSorcy - Calgary
Yoga Teachers / Practitioners / Staff	Autumn	2019	Blueprint of a Yogi: Ken Strachan	Megan Strachan - Edmonton

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Yoga Teachers / Practitioners / Staff	Winter	2020	Val Kunimoto's long-distance lifeline to Yoga (profile)	Norm Cowley - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2020	June Alexander: Still going strong at 101	Anita Alexander - Edmonton
Yoga Teachers / Practitioners / Staff	Autumn	2020	Book Review: Om Canada by Valery Petrich	Norm Cowley - Edmonton
Yoga Teaching	Spring	2011	Elements of a Good Teacher	Donalee Campbell - Sherwood Park
Yoga Teaching	Autumn	2013	Teacher Training Program (unsolicited review)	Alisa Doell - Edmonton
Yoga Teaching	Winter	2016	The practice of Patanjali's 8 fold path of Yoga in a Hatha Yoga class by Dana Moon; artwork by Rebecca M. Latimer	Dana Moon
Yoga Teaching	Autumn	2016	Dos and Don'ts of teaching Yoga in schools: some helpful guidelines	Donna Freeman - St. Albert
Yoga Teaching	Winter	2017	Yoga for gender and sexual diversity	Pippa Feinstein - Toronto
Yoga Teaching	Winter	2019	Book Review: The Yoga Alphabet by Natasha Michaud	Sara Hastings - Edmonton
Yoga Texts	Autumn	2010	Bhagavad Gita: Context & Significance, Study of Yoga	Linda Bock - Edmonton
Yoga Texts	Autumn	2010	Sutra Study 501, Book Review: The Yoga Sutras of Patanjali by Edwin F. Bryant	Judith Mirus - Edmonton
Yoga Texts	Spring	2012	Book Review: The Bhagavad Gita: A New Translation by Georg Feuerstein	Corinne Milroy - Edmonton
Yoga Texts	Winter	2013	The Bhagavad Gita: Yoga of Devotion, Bhakti Yoga	Lawrie Smith - Edmonton
Yoga Texts	Winter	2017	New light on Patanjali	Dominik Wujastyk - Edmonton
Yoga Texts	Winter	2018	The Yogapradipa: A Pre-Modern Jain "Light on Yoga" (adaption of a co-authored article by J.Birch and J.Hargreaves (The Luminescent 17 Mar 2017)	Jaqueline Hargreaves
Yoga Therapy	Winter	2010	Book Review: Waking: A Memoir of Trauma & Transcendence by Matthew Sanford (Iyengar Yoga)	Irene Chan - Edmonton
Yoga Therapy	Winter	2011	Tips, Tricks & Considerations for Getting Out of Pain	Susi Hately- Calgary
Yoga Therapy	Spring	2013	Few People Think	David McAmmond, Calgary
Yoga Therapy	Autumn	2014	Book Review: Overcoming Trauma Through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper	Brandy Basity - Edmonton
Yoga Therapy	Winter	2015	Healing Art of Yoga	Oda Lindner - Niagara on the Lake, ON.
Yoga Therapy	Autumn	2015	What is Hormone Yoga Therapy?	Karen Jacobsen - Edmonton
Yoga Therapy	Spring	2016	Critical alignment Yoga Therapy	Jennifer Strukoff - Calgary
Yoga Therapy	Winter	2018	A Yogic way to prepare the body for autumn/winter seasonal change: interview with Richard Miller	Gaye Oxford - Edmonton
Yoga Therapy	Winter	2019	Emotional Detoxification	Sister Shivani, Brahma Kumaris World Spiritual University
Yoga Therapy	Spring	2019	Hormone Yoga Therapy: A Natural Holistic Method of Finding Balance	Corinne McNally - Edmonton
Yoga Therapy	Autumn	2019	Integrative Chakra Therapy (ICT)	Susan Quan - Calgary
Yoga Therapy	Winter	2020	Yoga has age-old connection to mental health	Pam Moskie - Camrose