

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

Article topic	Issue	Year	Title
Lineage: Brahma Kumaris	Winter	2010	The Nature of Giving
Lineage: Iyengar Yoga	Winter	2010	The Hidden Importance of Linking
Lineage: Iyengar Yoga	Winter	2010	Practising Across Canada
Sound	Winter	2010	CD Review: Keeping Me Close by Debbie Spence
Yoga Related Topics	Winter	2010	Weaving Yoga and Expressive Art
Yoga Styles	Winter	2010	iRest Yoga Nidra: Living the Yogic Path with iRest Yoga Nidra
Yoga Therapy	Winter	2010	Book Review: Waking: A Memoir of Trauma & Transcendence by Matthew Sanford (Iyengar Yoga)
Ayurveda	Spring	2010	Ayurveda Tip
Lineage: Desikachar Lineage	Spring	2010	Yoga: A Path to Reduce Suffering
Meditation	Spring	2010	Where Am I Supposed to Feel This? (Buddhist Meditation, Yoga, Meditation)
Sound	Spring	2010	Sonic Yoga: Sound, Mind & Body
Yoga Outreach	Spring	2010	Yoga at the Women's Prison
Yoga Outreach	Spring	2010	Yoga Outreach
Yoga Related Topics	Spring	2010	The Intention to Seek Joy
Yoga Related Topics	Spring	2010	Perfection and Yoga: A Reflection
Sound	Autumn	2010	Flirting With Ecstasy: Yoga for the Voice
Yoga Association of Alberta	Autumn	2010	YAA Code of Ethics
Yoga Related Topics	Autumn	2010	Labour of Love: Owning and Operating a Yoga Studio
Yoga Styles	Autumn	2010	Wisdom Yoga
Yoga Texts	Autumn	2010	Bhagavad Gita: Context & Significance, Study of Yoga
Yoga Texts	Autumn	2010	Sutra Study 501, Book Review: The Yoga Sutras of Patanjali by Edwin F. Bryant
Ayurveda	Winter	2011	Ayurveda Tips for the Cold and Flu Season
Lineage: Iyengar Yoga	Winter	2011	Yoga As Science - A Study of the Iyengar Method
Pranayama	Winter	2011	Deep Breathing Techniques
Yoga Outreach	Winter	2011	Yoga Outreach: A Change
Yoga Related Topics	Winter	2011	Staying Connected in the Holiday Season
Yoga Therapy	Winter	2011	Tips, Tricks & Considerations for Getting Out of Pain
Yoga Styles	Spring	2011	An Interview with Sri Dharma Mittra, New York
Yoga Teachers / Practitioners / Staff	Spring	2011	In Memory of Maya-Margo
Yoga Teachers / Practitioners / Staff	Spring	2011	Maya-Margo Eulogy
Yoga Teachers / Practitioners / Staff	Spring	2011	Members' Memories – Maya-Margo
Yoga Teaching	Spring	2011	Elements of a Good Teacher
Lineage: Brahma Kumaris	Autumn	2011	Raja Yoga: The Three Schools of Life
Lineage: Desikachar Lineage	Autumn	2011	Yoga: A Process of Transformation
Lineage: Himalayan Tradition	Autumn	2011	Book Review: The Science of Breath: A Practical Guide by Swami Rama, Rudolph Ballentine, Alan Hymes
Lineage: Iyengar Yoga	Autumn	2011	A Reflection on the 2011 AGM of the Iyengar Association of Canada
Yoga Teachers / Practitioners / Staff	Autumn	2011	Obituary – Joe Thibault
Yoga Teachers / Practitioners / Staff	Autumn	2011	Gerda Kreb's 80 th Birthday
Anatomy	Winter	2012	Anatomy for the Inward Path
Poetry	Winter	2012	Welcome Home
Yoga Outreach	Winter	2012	Yoga Outreach Program History
Yoga Outreach	Winter	2012	Insights from Outside City Limits
Yoga Outreach	Winter	2012	Care to Dance
Yoga Outreach	Winter	2012	Reaching Out with Yoga in Rural Alberta
Yoga Styles	Winter	2012	Book Review: Heart Yoga by Karuna Erickson and Andrew Harvey
Yoga Teachers / Practitioners / Staff	Winter	2012	Excerpts from Speeches Given at Rick Hyndman's Memorial Service
Poetry	Spring	2012	The Gardener
Yoga Related Topics	Spring	2012	Yoga for Survival Training

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Yoga Related Topics	Spring	2012	Can Yoga Really Wreck Your Body?
Yoga Texts	Spring	2012	Book Review: The Bhagavad Gita: A New Translation by Georg Feuerstein
Meditation	Autumn	2012	Book Review: Meditation From the Mat: Daily Reflections on the Path of Yoga by Rolf Gates & Katrina Kenison (Yoga and Meditation)
Poetry	Autumn	2012	Offerings
Poetry	Autumn	2012	No
Yoga Outreach	Autumn	2012	Yoga in Alberta Prisons
Yoga Outreach	Autumn	2012	Why I Do It?
Yoga Outreach	Autumn	2012	Yoga on the "Inside": An inmate's story
Yoga Outreach	Autumn	2012	Going to Jail Today
Yoga Related Topics	Autumn	2012	Thirty-Six Years of Yoga and Not Done Yet
Lineage: Himalayan Tradition	Winter	2013	Book Review: Philosophy of Hatha Yoga by Pandit Usharbudh Arya (Swami Veda Bharati)
Poetry	Winter	2013	Air Travel
Poetry	Winter	2013	Ode to Yoga Equipment
Yoga Outreach	Winter	2013	Part 1: Juan Carlo's Yoga Journey
Yoga Outreach	Winter	2013	Part 2: Juan Carlo's First Restorative Yoga Class in a Centre for Social Assistance
Yoga Outreach	Winter	2013	Three Women's Stories
Yoga Styles	Winter	2013	Laughter Yoga
Yoga Texts	Winter	2013	The Bhagavad Gita: Yoga of Devotion, Bhakti Yoga
Yoga Related Topics	Spring	2013	The Inward Journey of Yoga
Yoga Related Topics	Spring	2013	A Spiritual Practice
Yoga Therapy	Spring	2013	Few People Think
Lineage: Brahma Kumaris	Autumn	2013	Are You the Master of Your Mind?
Lineage: Iyengar Yoga	Autumn	2013	Book Review: Light on Pranayama by BKS Iyengar
Meditation	Autumn	2013	Why Mindfulness Isn't a Good Thing (or New) (Buddhism)
Poetry	Autumn	2013	False Growth
Sound	Autumn	2013	Chanting: Sound Medicine for the Modern World
Sound	Autumn	2013	CD Review: A Deeper Light by Deva Premal and Mitten
Yoga Teaching	Autumn	2013	Teacher Training Program (unsolicited review)
Lineage: Kundalini Yoga	Winter	2014	Kundalini Yoga As Taught by Yogi Bhajan
Meditation	Winter	2014	Mindfulness: Reflections on a Conference with Thich Nath Hanh
Poetry	Winter	2014	The Artist
Sound	Winter	2014	CD Review: Merged – A Morning Sadhana with Tracy Gawley
Yoga Association of Alberta	Winter	2014	For the Love of Yoga: Reflections in the Past, Present, Future
Yoga Association of Alberta	Winter	2014	The Yoga Association of Alberta - My Yoga Lifeline
Yoga Related Topics	Winter	2014	Sraddha – A Personal Study
Yoga Styles	Winter	2014	Book Review: Move the Body, Stretch the Mind by Judy Murphy
Asana	Spring	2014	Take Your Vitamins
Lineage: Desikachar Lineage	Spring	2014	Steadiness and Ease in Asana
Lineage: Iyengar Yoga	Spring	2014	An Overview of Yogacharya BKS Iyengar's "Jnana in Asana: Experiential Knowledge"
Poetry	Spring	2014	Flower Meditation: A Present for You
Poetry	Spring	2014	I Have a Visitor
Yoga Styles	Spring	2014	iRest Yoga Nidra: Taking Retreat into Daily Life
Yoga Styles	Spring	2014	What is Hatha Yoga?
Yoga Styles	Spring	2014	Juice Fasting – A Yoga Practice
Yoga Teachers / Practitioners / Staff	Spring	2014	Deana Kathleen Bard - In Memoriam

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Anatomy	Autumn	2014	Connective Tissue – Easing the Physical Ties That Bind
Asana	Autumn	2014	Practicing Asana Safely
Lineage: Kundalini Yoga	Autumn	2014	Kundalini Yoga as a Path to Addiction Recovery
Yoga Related Topics	Autumn	2014	5 Things to Learn From Being Mistaken for a Pregnant Woman
Yoga Teachers / Practitioners / Staff	Autumn	2014	Teacher Profile: Alberta's Yoga Baba Helen Eshpeter
Yoga Therapy	Autumn	2014	Book Review: Overcoming Trauma Through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper
Meditation	Winter	2015	Mindfulness in Education
Meditation	Winter	2015	Meditation in the YAA-TTP
Yoga Related Topics	Winter	2015	Practice of Awe
Yoga Related Topics	Winter	2015	President's Message: Illusion, Imagination, Reality
Yoga Styles	Winter	2015	Book Review: Yoga Fiction, Yoga Truth by Sandra Sammartino
Yoga Teachers / Practitioners / Staff	Winter	2015	Anita Sielecki
Yoga Teachers / Practitioners / Staff	Winter	2015	Darlene Krahn
Yoga Teachers / Practitioners / Staff	Winter	2015	In Memoriam to Mr. B.K. S. Iyengar
Yoga Therapy	Winter	2015	Healing Art of Yoga
Meditation	Spring	2015	Book Review: Poems for Meditation; An Invitation by Antoinette Voute Roeder
Poetry	Spring	2015	Not a Christian, or Jew or Muslim
Yoga Related Topics	Spring	2015	President's Message: Liberation
Yoga Related Topics	Spring	2015	Sensing the Sacred: Gurukulum Advaita Vedanta
Yoga Related Topics	Spring	2015	A Living Example of Patanjali's Yoga Sutra I.33
Yoga Styles	Spring	2015	Svaroopo Yoga
Yoga Teachers / Practitioners / Staff	Spring	2015	A Jewel in the Crown – Dr. K. D. Prithipaul
Yoga Teachers / Practitioners / Staff	Spring	2015	In Memoriam – Joan Fargey
Lineage: Desikachar Lineage	Autumn	2015	The Stages of T. Krishnamacharya's Yoga: a personal perspective
Lineage: Tantra Yoga	Autumn	2015	Book Review: <i>The Radiance Sutras: 112 Gateways to the Yoga of Wonder & Delight</i> by Lorin Roche
Poetry	Autumn	2015	Buddha in my Garden
Yoga Outreach	Autumn	2015	YAA Executive Director's Message: Yoga in Schools Residency Pilot Project (YSRP)
Yoga Teachers / Practitioners / Staff	Autumn	2015	Grace Little - A Tribute With Loving Gratitude and Respect
Yoga Teachers / Practitioners / Staff	Autumn	2015	Swami Veda Bharati: A Life of Service, a Life of Love (March 24, 1933 - July 14, 2015)
Yoga Therapy	Autumn	2015	What is Hormone Yoga Therapy?
Lineage: Buddhism	Winter	2016	Practicing Loving-Kindness II
Meditation	Winter	2016	Embodied Mindfulness
Meditation	Winter	2016	The view from the Centre © Mike George 2013, Clear Thinking Online Newsletter
Pranayama	Winter	2016	The Breath is Life's Teacher (first published in Yoga Bridge, Summer 1996)
Yoga Association of Alberta	Winter	2016	President's message: "This is how it is"
Yoga Association of Alberta	Winter	2016	Origins: 40th anniversary of the Yoga Association of Alberta 1976-2016
Yoga Association of Alberta	Winter	2016	Teacher training and certification: Seasons of change
Yoga Related Topics	Winter	2016	From the Gita to the Grail: Exploring Yoga stories and Western myths, by Bernie Clark
Yoga Teachers / Practitioners / Staff	Winter	2016	Isa Duxbury: My mentor and friend
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

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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)
Yoga Related Topics	Spring	2016	An essential element of a spiritual path
Yoga Related Topics	Spring	2016	Positive Thinking: Common sense or metaphysics? Yoga philosophy or New Age hype?
Yoga Related Topics	Spring	2016	Book Review: Yoga therapy for backs: a practical guide, by David McAmmond with Anita Sielecki
Yoga Teachers / Practitioners / Staff	Spring	2016	Remembering Friedel Khattab
Yoga Therapy	Spring	2016	Critical alignment Yoga Therapy
Lineage: Desikachar Lineage	Autumn	2016	TKV Desikachar tribute
Yoga Association of Alberta	Autumn	2016	Editor's message: Review of the Yoga Bridge editorial process
Yoga Association of Alberta	Autumn	2016	YAA Strategic Planning Survey 2017-2021
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Executive Director report
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM:Teacher Training and Certification
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Tribute to Debbie Spence
Yoga Association of Alberta	Autumn	2016	YAA 40th AGM: Yoga Bridge Newsletter report
Yoga Outreach	Autumn	2016	YAA Prison outreach program I: Teaching Yoga inside and outside
Yoga Outreach	Autumn	2016	YAA Prison outreach program II: Meditation and song
Yoga Outreach	Autumn	2016	YAA Prison outreach program III: Remand outreach
Yoga Related Topics	Autumn	2016	The Starfish Story (originally published by the author in "The Unexpected Universe"
Yoga Teachers / Practitioners / Staff	Autumn	2016	Bonnie Dunbar - Devoted Yogini and friend
Yoga Teaching	Autumn	2016	Dos and Don'ts of teaching Yoga in schools: some helpful guidelines
Lineage: Desikachar Lineage	Winter	2017	Remembering TKV Desikachar: The spread and essence of his teaching
Lineage: Kripalu Yoga	Winter	2017	Kripalu Yoga
Meditation	Winter	2017	BodySensing
Sound	Winter	2017	Mantra: A way to create quietude in your life
Yoga Association of Alberta	Winter	2017	President message: YAA history
Yoga Association of Alberta	Winter	2017	Teacher training and certification: Lineage in the YAA
Yoga Related Topics	Winter	2017	Letters from the Yoga masters: Teachings revealed, by Marion (Mugs) McConnell
Yoga Teachers / Practitioners / Staff	Winter	2017	Shirley Johannesen - Canadian Yoga pioneer
Yoga Teachers / Practitioners / Staff	Winter	2017	Donna Martin - a YAA interview (long version of original interview on YAA facebook page Aug 11 2016)
Yoga Teaching	Winter	2017	Yoga for gender and sexual diversity
Yoga Texts	Winter	2017	New light on Patañjali
Meditation	Spring	2017	BodySensing: Taking "Feel your body" to a whole new level
Meditation	Spring	2017	The journey of mindfulness into the public eye
Meditation	Spring	2017	Book review: The iRest program for healing PTSD: A proven effective approach to overcoming trauma by Richard Miller
Meditation	Spring	2017	Meditation using natural wisdom
Yoga Association of Alberta	Spring	2017	Yoga Bridge issues 2015-2016: a summary of Yoga scriptures, lineages, contemporary practices, Alberta practitioners, books, film
Yoga Association of Alberta	Autumn	2017	President's message: Is it all about the finger?
Yoga Association of Alberta	Autumn	2017	Editor's message: My Yoga journey
Yoga Association of Alberta	Autumn	2017	Teacher training and certification: Responsibility and relevance - Ethics in the Yoga community
Yoga Association of Alberta	Autumn	2017	Sun shines on YAA's Yoga in the Park
Yoga Related Topics	Autumn	2017	Edmonton's last Bikram studio faces a dilemma
Yoga Related Topics	Autumn	2017	Yoga still in infant stages in Western world: Peyrow
Yoga Styles	Autumn	2017	Explaining the Yamas and Niyamas
Yoga Styles	Autumn	2017	Book review: Yoga with Linda and Shaun by Linda Dumont and Shaun Giroux

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Yoga Teachers / Practitioners / Staff	Autumn	2017	Honouring YAA teachers: Teddy Hyndman
Yoga Teachers / Practitioners / Staff	Autumn	2017	Honouring YAA teachers: Mary LeBlanc
Asana	Winter	2018	Learning about āsanas: Ardha Matsyendrasana II
Poetry	Winter	2018	Song of the soul (Shri Adi Shankara, <i>Atma Satakam</i>)
Yoga Association of Alberta	Winter	2018	Teacher training and certification: Program updates
Yoga Related Topics	Winter	2018	Reflections (reprinted with permission Iyengar Yoga Centre Victoria)
Yoga Teachers / Practitioners / Staff	Winter	2018	Pranayama teacher chooses different path... For a while. Based on files from Neeru Prashar.
Yoga Teachers / Practitioners / Staff	Winter	2018	Life experiences alter Theoret's beliefs
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)
Yoga Therapy	Winter	2018	A Yogic way to prepare the body for autumn/winter seasonal change: interview with Richard Miller
Asana	Spring	2018	Learning about āsanas: <i>Viparita Karani</i>
Meditation	Spring	2018	Have YOU chosen your silence? Reprinted with permission from "Clear Thinking: Reflections on living with love, light and power."
Yoga Association of Alberta	Spring	2018	Teacher training and certification: YAA is Yoga Alliance RYS-200
Yoga Online Instruction	Spring	2018	Time tested practice can survive popular online yoga presence
Yoga Styles	Spring	2018	Book review: Inner engineering: A Yogi's guide to joy by Sadhguru
Yoga Teachers / Practitioners / Staff	Spring	2018	Mudrās, Mantras, Vinyāsas, Meditations: Reflections on four decades as a Yoga teacher
Yoga Teachers / Practitioners / Staff	Spring	2018	Memoriam: YAA founding member Hilda Pezarro
Yoga Teachers / Practitioners / Staff	Spring	2018	Memoriam: Barbara Ross Yoga teacher, teacher trainer and friend
Asana	Autumn	2018	Learning about āsanas: Uttānāsana
Lineage: Brahma Kumaris	Autumn	2018	Why Yoga? How Yoga?
Yoga Association of Alberta	Autumn	2018	Why Yoga instructors should have insurance
Yoga Association of Alberta	Autumn	2018	Minutes in brief: The YAA needs help to become pioneers again
Yoga Styles	Autumn	2018	Book review: Yoga of the subtle body by Tias Little
Yoga Styles	Autumn	2018	Where does our modern Yoga come from? A timeline of historical texts on Yoga Āsana
Yoga Teachers / Practitioners / Staff	Autumn	2018	Margot Kitchen: A Yogini's contributions, challenges and blessings
Poetry	Winter	2019	Big Emptiness
Asana	Winter	2019	Learning about Asanas: Soulderstand, Plough, Fish: Tranquility Always
Yoga Teachers / Practitioners / Staff	Winter	2019	Teacher Tribute: Barbara Eastham, Contemporary Yogini
Yoga Related Topics	Winter	2019	Why Yoga Isn't Dangerous
Yoga Teaching	Winter	2019	Book Review: The Yoga Alphabet by Natasha Michaud
Yoga Therapy	Winter	2019	Emotional Detoxification
Asana	Spring	2019	Learning about āsanas: Śavāsana: Looks Easy but Difficult to Master
Lineage: Desikachar Lineage	Spring	2019	Embodying the Yoga Sūtras
Lineage: Himalayan Tradition	Spring	2019	The Himalayan Tradition of Yoga Meditation
Poetry	Spring	2019	Beyond Matter
Yoga Association of Alberta	Spring	2019	Raising the Bar on YAA Certification Standards
Yoga Outreach	Spring	2019	Yoga Outreach Program: Where do your donations go?
Yoga Teachers / Practitioners / Staff	Spring	2019	In Memoriam: Geeta S. Iyengar 1944-2018, Pune, India
Yoga Teachers / Practitioners / Staff	Spring	2019	Grandfather of Yoga: Fully Immersed in Yoga. A profile of David McAmmond
Yoga Therapy	Spring	2019	Hormone Yoga Therapy: A Natural Holistic Method of Finding Balance
Asana	Autumn	2019	Learning about āsanas: Ardha Chandrasana - An Energizing and Exhilarating Pose
Poetry	Autumn	2019	Lighting the Way - honouring Gerda Krebs (founding member YAA in 1976) on her 85th birthday

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Yoga Outreach	Autumn	2019	YAA Outreach at Alberta Institutions
Yoga Related Topics	Autumn	2019	Book Review: Practice and All is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond by Matthew Remski
Yoga Related Topics	Autumn	2019	Yoga Trapeze: Practicing in hammock-like device a 'game-changer' (aerial yoga)
Yoga Styles	Autumn	2019	Yamas and Niyamas - Quintessential in the path of yoga (Raja yoga)
Yoga Teachers / Practitioners / Staff	Autumn	2019	Blueprint of a Yogi: Ken Strachan
Yoga Therapy	Autumn	2019	Integrative Chakra Therapy (ICT)
Asana	Winter	2020	Learning about āsanas: Paschimottanasana - sitting forward bend
Lineage: Desikachar Lineage	Winter	2020	Dharma and Svadharma
Yoga Association of Alberta	Winter	2020	YAA TTP Apprenticeship Model: A reputation for excellence
Yoga Styles	Winter	2020	Karma Yoga: The missing ingredient
Yoga Teachers / Practitioners / Staff	Winter	2020	Val Kunimoto's long-distance lifeline to Yoga (profile)
Yoga Therapy	Winter	2020	Yoga has age-old connection to mental health
Asana	Spring	2020	Learning about āsanas: Breath and voice: Harmony in our practice (pranayama, sound)
Lineage: Tantra Yoga	Spring	2020	The Feminine Face of Yoga
Yoga Association of Alberta	Spring	2020	Teacher Tribute Series: YAA Honours our Teachers
Yoga Association of Alberta	Spring	2020	Honouring our teachers 1. Sandra Sammartino: Adventures in Authenticity
Yoga Association of Alberta	Spring	2020	Honouring our teachers 2. Richard Miller: Yoga Nidra - Life still a mystery for founder of iRest
Yoga Association of Alberta	Spring	2020	Honouring our teachers 3. Rosemary Jeans Antze: Yoga - a continuous thread through her life
Yoga Related Topics	Spring	2020	The Five Tibetans: Ancient practice instructions vary from book to book
Anatomy	Autumn	2020	Health and Holism: Vagus Nerve and Yoga
Asana	Autumn	2020	Chair Yoga: Benefits for seniors
Yoga Association of Alberta	Autumn	2020	President's report: Sharpening our Yogic tools for times of intense anxiety
Yoga Association of Alberta	Autumn	2020	YAA Annual General Meeting virtual debut
Yoga Association of Alberta	Autumn	2020	YAA Survey: Teacher's Comments
Yoga Online Instruction	Autumn	2020	Pandemic tests studio's peaceful practice
Yoga Outreach	Autumn	2020	YAA Outreach connects with Indigenous youth
Yoga Related Topics	Autumn	2020	Samyama: A fictional piece of non-fiction
Yoga Teachers / Practitioners / Staff	Autumn	2020	June Alexander: Still going strong at 101
Yoga Teachers / Practitioners / Staff	Autumn	2020	Book Review: Om Canada by Valery Petrich

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Debbie Spence - Edmonton
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Beth McCann - Edmonton
Rosemary Jeanes Antze - Toronto
Jodi Ouellette - Calgary
Anne Douglas - Banff
Debbie Spence - Edmonton
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Keely Scott and Dave Downing - Edmonton
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Debbie Spence - Edmonton
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Loren Eiseley
Sarah Aberdeen - Calgary
Donna Freeman - St. Albert
Rosemary Jeanes Antze - Toronto
Dina Pereira - Hamilton
Anne Douglas - Banff
Dianna Martin - Red Deer
David McAmmond - Calgary
Donalee Campbell - Sherwood Park
Bernie Clark - Vancouver, BC
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Norm Cowley - Edmonton
Jaqueline Hargreaves
Gaye Oxford - Edmonton
Corinne Milroy - Edmonton
Mike George - Cotswolds, England
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Brian Olajos - Red Deer
Marion (Mugs) McConnell - Cardston
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Sister Denise Lawrence
Toole Peet & Co Ltd - Calgary
David Maulsby, Norm Cowley - Edmonton and Debbie Spence - Edmonton
Sandy Ayre - Edmonton
Oda Lindner - Niagara on the Lake, ON
Cynthia Palahniuk - Calgary
Wendy Grant - Golden, BC
Sandra Sammartino - Whiterock, BC
Jodi Ouellette - Calgary
Susi Hatley- Calgary
Sara Hastings - Edmonton
Sister Shivani, Brahma Kumaris World Spiritual University
Angie Ackerman - Beaumont
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