



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

# YOGA BRIDGE

CONNECTING MIND & BODY

SPRING 2022 VOLUME 22 ISSUE 2



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 us to  
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.*

**\*\*A significant US \$300 fee reduction is available for Canadian participants**

**Early Bird Discounted Fee: US \$660\*\*. After Sept. 14: US \$760\*\***

To obtain discount code pre-register with The Yoga Association of Alberta at:

[https://yoga.ca/product/oct\\_2022\\_richard\\_miller/](https://yoga.ca/product/oct_2022_richard_miller/)

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.*

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**The Yoga Bridge  
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of Alberta**

Percy Page Centre

11759 - Groat Road

Edmonton, AB T5M 3K6

Tel: 780-427-8776

E-mail: [yogaab@telus.net](mailto:yogaab@telus.net)

Website: [yoga.ca](http://yoga.ca)

**Volunteer Editor**

Dave Downing

**Editorial Board**

Donalee Campbell

Kim Fraser

Judith Mirus

Anita Sielecki

Debbie Spence

**Layout and Design**

Zuzana Benesova

Debbie Spence

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## 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

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 practising 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.

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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.

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**CIRCULATION:** +1,200 / issue (3 issues / year)

### ADVERTISING RATES

Size	Width x Height	Colour
Eighth Page	2.875" x 1.75"	\$110
Quarter Page	2.875" x 3.625"	\$140
Half Page	6" x 3.625"	\$200
Full Page	6" x 7.5"	\$300

Please e-mail advertisements in high resolution PDF format, CMYK for 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:** February 15, June 1 and October 15

**Article Submission Deadline: Consult with** editor@yoga.ca

Newsletter circulation is approximately one month after deadline.

## EDITOR'S MESSAGE

# YAA Yoga Bridge

By Dave Downing, Volunteer Editor

Stating the obvious, it's been a long winter and I'm thankful on many levels for yoga. At the physical level, at my age I had the strength and flexibility to chop ice for hours on end with my fellow seniors in our neighbourhood. At the mental and spiritual levels, together with the remnants of Covid and the deplorable global, national and local state of affairs these days, it was an opportunity to contemplate and meditate on how external events affect my internal environment. More often than not, when I sit for meditation practice after doing some joints and glands exercises and other asanas, I find that physical discomforts are diminished and whatever sensory inputs I get are subdued to the point that what I do feel can be categorized as "normal". Normal, that is, for my age and the inevitable effects of a regular practice that works at subtler levels and emerges as sensations, emotions and recollections. Noise cancelling headphones are helpful, admittedly a prop, but I don't live in a cave.

I and my fellow board members were really looking forward to a flood of insights from you, our readers, about any physical, emotional, mental

or spiritual challenges you may have faced over the last few months or years, or even during your lifetime, and how you overcame them. So, the offer I made in my last editorial is still open. By the time of the next newsletter, late summer, perhaps you will find the time to write a short article or poem (250 words) or submit a drawing or photo to the YAA column: YAA MEMBER MUSINGS. As I promised in the last issue, editing will be light for these short submissions, unless there are ethical or advertorial concerns. It's your newsletter ... you can do it!

We did get one great short-form submission to the YAA MEMBER MUSINGS column from long-time member and past president and newsletter editor Marcia Langenberg. Debbie Spence, our outgoing Executive Director, writes of her experiences in that position and Donalee Campbell, our incoming Executive Director, introduces herself in another article. Lynnnda Sharp provides more joints and glands exercises that anyone can do in part III of her series. As one who has reaped their benefits, I can recommend that you give them a try. Kim Fraser has written



### \*NEW WORKSHOP\* Exploring Yoga in Community

Apr 1-3, Sep. 30-Oct 2, Dec 2-4, 2022

- Friday 6:30pm to Sunday 1pm
- A restorative weekend of Asana, Pranayama, Meditation & Loving-Kindness aimed at learning and inspiring our practice, and helping transform our lives.
- Guided by Anita Sielecki\*\*, YAA Senior Certified Teacher.
- Location: Providence Renewal Centre or live streamed online
- Fee: depending on format (due to COVID situation) there is a sliding scale fee up to \$240 which includes 2 nights accommodation and 3 meals.
- For updates & registration:
- <https://yoga.ca/product-category/workshops-classes>
- Phone Anita (780) 432-7152

a heartfelt piece on her personal experiences as a caregiver on her husband's journey. Shanti Prasad Singh interviewed one of her teachers, Jim Greenough, whose approach to life and teaching is inspirational. Debbie had a good idea and we're going to try it out. Each newsletter, we'll highlight some of the props sold by the YAA, with a short description (see page 41-42). Or maybe longer ones—we'll see how the space goes.

We also received one submission from an anonymous person that we considered carefully but decided not to include. The writer wanted others to see it as a caution if one is taking on certain practices. Many of us have received cautions from our teachers through our time as students: Mugs McConnell's book *Letters from the Yoga Masters* mentions this in connection with pranayama (p102-6). W.J. Broad (*The Science of Yoga*) discusses both the positive and negative consequences of asana practice. My teacher Margo

Balog told us from the start to "work within your comfortable capacity" and I learned from painful experience that it was good counsel. Yoga practices that focus on the movement of kundalini energy (which could include asana, pranayama, mudra, mantra and meditation practices), are not to be taken lightly nor without the guidance of teachers who have practiced them in the correct manner, for a long time and with deference to the *yamas* (restraints) and *niyamas* (observances). There are physical, mental and spiritual consequences that can bring blissful experiences but also force upheavals that you might not be prepared for and that are not pleasurable.

*Dave is a retired ecologist who has practiced yoga for a few years and who enjoys helping others to get their stories and ideas across clearly. He can be reached at editor@yoga.ca*

## YAA MEMBERS' MUSINGS

# Longing to Move Well

by Marcia Langenberg

**M**y longing to move well might have begun when I was a preschooler with frequent Band-Aids on my knees. However, it was when I was older that I consciously experienced this longing. I longed to dance with rhythm and strength like fellow ballet dancers, to downhill ski with confidence and grace like my friend, to cross-country ski with balance and fluidity like my instructors, to skate with power and control like speed skaters and to move in and out of poses with steadiness and ease like other yoga students.

Even though I lacked an innate understanding of how to move well, my desire to do so persisted. I continually sought out instructors who gave me explicit instructions about how to coordinate each movement. Every technique that worked was a gold nugget of assurance to keep pursuing my goal.

Ultimately, it was my yoga teachers who taught me how to understand and move my body as an

integrated whole. They taught me how to align my body, sequence movement throughout my body and synchronize movement with my breath.

Complementary to what I learned from these teachers is what I have learned about how to strengthen my core muscles, increase my joint articular spaces, and improve my gait from Steve Bryson, owner of The Body Works Pilates Studio. Steve said, "Movement for some can come quite naturally, others it is a bit more of a journey."

Indeed, learning to move well for me is a life-long, disciplined journey that is captivating, centering, calming, and, at times, blissful.

*Marcia Langenberg is a YAA Permanent Certified Senior Teacher who teaches in Edmonton. Yoga, as a path to self-understanding and as a way of life, is at the heart of her teaching. langenbe@telus.net*

## Himalayan Yoga Tradition Teacher Training Programs (HYT-TTP)

### 200-Hour & 600-Hour Teacher Training Retreats

July 10 – July 23, 2022

The HYT-TTP is a program of self-transformation passed down by generations of sages and rishis, culminating in the knowledge that Swami Rama of the Himalayas imparted to his students. His teachings focus on a Vedantic and Tantric approach to practices in all eight limbs of Raja Yoga, with the ultimate goal of achieving *samadhi* (liberation).

If you are a serious student of yoga who would like to take your yoga practice to a higher level and provide service to others by sharing your knowledge and experience through teaching, this is the retreat for you:

- 14-day retreat in Edmonton
- Providence Renewal Center [www.providencerenewal.ca](http://www.providencerenewal.ca)
- Evening July 9 to morning July 24): \$2,500CAD excluding tuition, see below
- Retreat with meals only (no accommodation): \$1,250CAD *excluding tuition*, see below
- Level One and Level Two (Level One is a pre-requisite) streams will be offered. You'll need to enroll if you want to become a teacher within the Tradition but haven't taken any training through the HYT-TTP. Simply enter this address in your browser: [www.hyt-ttp.com/progression.htm](http://www.hyt-ttp.com/progression.htm) for complete information, including how to pay for Level One and Level Two tuition fees before the retreat. Or send an email to [info@hyt-ttp.com](mailto:info@hyt-ttp.com) for information.
- This retreat is an integral part of the HYT-TTP program that will, upon completion, qualify you to apply for a RYT-200 registration (Level One) or RYT-500 registration (Level Two) through Yoga Alliance, and can be used towards Equivalency Certification and/or Advanced Training Levels with the YAA: [www.yoga.ca/yaa-equivalency-certification/](http://www.yoga.ca/yaa-equivalency-certification/)



For those attending for YAA Advanced Training Levels or Yoga Alliance CEU credits but not wishing to join the HYT-TTP, there is a tuition fee as well as a retreat fee, and the tuition fee is the same as for TTP students. All students (enrolled in HYT-TTP or not) have access to the same content and online resources. *Need more information about the Tradition?* [www.ahymsin.org/](http://www.ahymsin.org/) or email [info@hyt-ttp.com](mailto:info@hyt-ttp.com)



# A Brief History of Time - Three Decades with the YAA

by Debbie Spence, past Executive Director

In 1990, the Yoga Association of Alberta (YAA) head office was moved from Calgary to Edmonton, so there was a need for someone to oversee the new YAA office in the Percy Page Centre (PPC). Teddy Hyndman was the President at the time. She heard from Eric LeReste, coordinator of the Brahma Kumaris Meditation Centre in Edmonton where I was a meditation student, that I might be interested in the part-time position. Teddy wanted to hire someone before summer, and the only time we could find that matched both our schedules for an interview was an hour when my kids (then 11 and 8) were in swimming lessons at the University of Alberta pool. Teddy and I sat in the pool bleachers, discussed the position, and she offered me the job. It was a win-win for both of us. In September, 1991 I started working at the YAA office for 15 hours a week at \$12/hour. This suited me fine and gave me the flexibility I needed at that time in my life.

That was 30 years ago! For over three decades, I have had the pleasure to serve under six presidents (Teddy Hyndman, Beth McCann, Marcia Langenberg, Anita Sielecki, David McAmmond and Karen Hamdon) and many board members. Over the years at the PPC, I heard quite a few Executive Directors of the other non-profit sports and recreation associations complain about their "Boards". Any time they asked me what my Board was like I was always able to say, "My Board is amazing; they 'live' their yoga practically. I am so lucky."

In the 1990s, yoga was neither well known nor popular. Many people were suspicious of this strange activity with its roots in India. And so, it was an interesting placement for the YAA office at the PPC, a government-funded building primarily

occupied by non-profit sports and recreation associations and a small population of conservation and "other" organizations. The YAA cubicle was one isolated block in the cube farm occupied by Alberta sports groups (football, rugby, soccer, skating, judo, tennis, cross-country skiing, etc.). For the first few years I was there, people would ask variants on the question, "how in the world did the Yoga Association come to be included in this building of sport and recreation associations?" At first, the YAA and what it represented was sort of regarded as a pariah, and I often felt like an outsider.

Ironically, over time, almost every association came to appreciate the benefits of yoga as it



pertained to their particular sport – athletes learned to relax, breathe, and stretch. Before long, yoga evolved to become a very "in" activity, and when the YAA provided noon hour yoga classes in the building meeting room, they were always well attended by participants from many of the resident associations. Over the years, Shirley Willard, Alison Irwin, Valananda, Zenna Ariel, Sara Hastings-Morris, myself and others taught the noon-time yoga classes. We had made it to the PPC "inner circle"!

In 1991, there was no computer in the YAA office. One of my jobs was to take over the finances from the current Treasurer, Ivar Rand. I had no accounting background so as is my usual way, I jumped in with both feet anyway. Ivar Rand kindly showed me how to use Quicken on his computer and I took some bookkeeping courses. We already had about 200 members with their names and addresses recorded on paper, and with the advent of computers and the increased efficiency they brought, our database and finances needed to be updated.

I found out that the Percy Page Building had purchased 3 computers (2 PCs and 1 Mac) for associations to use. We were limited to a couple of hours a week so everyone in the building could have a chance to use them. If you missed your allotted time slot, it meant waiting until the following week, or coming to the building after-hours to get the work done. I learned to be extremely organized in order to enter everything in two hours! In 1995 I left for sabbatical for 10 months and Beth McCann and her lovely daughter covered my position. While I was gone, Beth was able to secure funds to buy the YAA a Macintosh computer. Jostling for computer-time with other people in the building was over!

One day, after I returned in 1996, a lovely young woman named Summer walked into the office. She told me she adored yoga, loved computers and wanted to volunteer to create a website for the YAA. I quickly accepted - "Sure, I'm not totally sure what a website is, but go ahead and make one." Websites



were cutting edge technology in those days! Initially, she used a group hosting service for non-profits so our URL address was ridiculously long: <http://geocities.....YAA>, our only identification being "YAA" at the end. Shortly after this, she was able to secure the domains [yoga.ca](http://yoga.ca) and [yoga.ab.ca](http://yoga.ab.ca). What a blessing that she had such incredible foresight, as we have been offered big bucks for these domains today! In my somewhat "OCD way", I have them both paid up to 2025 so we can maintain our rights to use them.

Judith Tap was our newsletter designer from 1991-1995, but she left the position, and because we had our own computer by that time, I took a course in QuarkXPress, a desktop publishing program, and started to do the newsletter layout myself. My job responsibilities grew in this way as the YAA grew both its membership and its breadth of member services, and I learned a lot by trial and error.

Perhaps the miracle of the first couple of seconds past midnight of the year 2000 passing by uneventfully, stimulated an exponential interest in yoga and other alternative worldviews. Popular programs such as Oprah featuring yoga practitioners like Rodney Yee probably had something to do with it. Independent for-profit studios started to crop up in major Alberta cities. More people became interested in the YAA, membership increased, and we hired an administrative assistant to help with a workload I couldn't handle on my own anymore.

The YAA became more focussed than ever on applying for and using grant money toward Teacher Training, Certification and Outreach. Over the years we received numerous project grants to teach yoga in schools, remand centres, remote indigenous schools and communities, addiction centres, isolated women, at-risk youth, teens, newcomers, those financially challenged and many other demographics of marginalized Albertans. YAA Senior teachers were ready to teach yoga throughout Alberta, wherever the need presented itself. As well, multiple times a year, the

YAA hosted (and hosts) workshops with invited nationally and internationally recognized teachers including Sandra Sammartino, Anne Douglas, Mugs McConnell, Shirley Daventry French, Marlene Mawhinney, Mahyar Raz, Marie-Andrée Morin, Chris Saudek, Richard Miller, Rosemary Antze, David McAmmond, and many more. Recently, by waiving membership fees for new members, inviting members to publish their COVID experiences in the *Yoga Bridge*, offering free online yoga classes with YAA's senior teachers for members and sending expedient emails outlining the ever-changing COVID restrictions as they pertained to yoga, the YAA helped members navigate and survive two long years of the pandemic.

As a thriving, umbrella organization embracing many different traditions, lineages and multiple approaches to learning yoga, the YAA is an example to everyone - unity can prevail despite differences. The YAA is a treasure because the members, volunteers and staff appreciate and value its existence, and are willing to contribute their expertise wherever they can, to make it work. I have observed countless examples of this.

Many YAA members have become dear friends. I have enjoyed working with so many amazing YAA people and I am eternally grateful for their kindness, love and support and for their commitment and vision to the art and science of yoga. There are too many people to thank here and I offer my heart-felt thanks to all.

Our new Executive Director, Donalee Campbell is ready, willing and capable of taking on the position and moving the YAA in new and exciting directions. We are very grateful to her for stepping in and we're sure all will be favourably impressed with her ideas and projects! I will continue to be involved in aspects of the newsletter and finance on a part-time basis.

It's 2022! I wonder how 31 years passed by so quickly...apparently that's what happens when we love what we do and why we do it.

*Debbie plans to teach more meditation & record more songs. Her email is: yogaab@telus.net.*

## AUTOBIOGRAPHY

# Donalee Campbell

## YAA's New Executive Director

by Donalee Campbell, Executive Director

I am honoured to be taking over from Debbie Spence's long and great legacy as the YAA's Executive Director. Originally trained through YAA's own Teacher Training Program, I have had the pleasure of working as the YAA's TTP & Certification Coordinator for over 12 years. In all that time I have come to know the YAA very well. I care deeply about its people and its future.

I started taking dance classes in my 20's. Feeling stuck in a lifeless government desk job, I loved the movement and how it felt in my body, which led to a decision to enroll in the dance program at what was then Grant MacEwan Community College. I didn't have a dance background from childhood like most of the other dancers had and I struggled both with remembering the choreography and with inflexibility. So, after a couple of years I reluctantly moved onto the Arts Administration Program but missed the physicality and creativity of dance that fed both my body and spirit. Through many years

of administrative work at NAIT, the U of A and the Banff Centre, I also pursued university studies in psychology, philosophy, education, and religion, and then also trained and worked part-time as a Registered Massage Therapist and Acupressurist, deeply enjoying the connection with my clients and the Eastern philosophy of Chinese medicine.

In the 1990's I found lunch hour yoga classes with Anita Sielecki while working at the U of A, and part-time as an RMT. Not only did I love the classes, but also the soothing sound of Anita's beautiful accent as she read excerpts from her favourite authors while the class lay in *savasana*. To my further delight, I also found that yoga opened the energy channels in the body just as effectively as acupressure and alleviated the tension and tightness just as well as massage. It helped me become more present in my body and mind, worked out the knots and kinks, and could be done



### \*NEW\* Professional Development Series

Join us in this new series of Zoom classes providing practical tools for yoga teachers.  
Livestream via Zoom or Recording Available

**Free with your YAA Membership. Sign up at YOGA.CA**

**DEVELOPING YOUR BRAND FOR AUTHENTICITY AND IMPACT**

**Thursday, March 31st 7 p.m.**

Beth Harding of All-In Changemaker Consultants shares how to create website content, social media posts, and your brand voice with authenticity and impact. You'll be provided with easy-to-implement ideas that feel grounded and useful.



**TEACHING MEDITATION: A GROUNDED AND ACCESSIBLE APPROACH**

**Thursday, May 12th 7 p.m.**

Kat Boehm, YAA Senior Teacher shares how to lead meditation and mindfulness practices in your classes. Explore dynamic, accessible ways to support a meditation posture, work with the thinking mind and encourage relaxation.



with much more self-sufficiency and regularity than a massage therapist could provide.

I enrolled in the YAA-Teacher Training Program in 2004 with Teddy Hyndman as mentor, enjoying the physical and mental challenge of the Iyengar style. Yoga seemed to bring all the pieces together – a sensual physicality, a mind-body connection, my passion for Eastern philosophy, and my love of working with people in a deep, meaningful, and healing way. My training continued through growing a young family, and many from those days still tell me they remember my pregnant form in those workshops and classes. Over the years I have continued to attend YAA classes and workshops and have had the great pleasure of meeting many of you along the way. I revel in the YAA's openness to the many different styles and lineages of yoga and have been inspired by the heart of this community – in its staff, its volunteers, its teachers, its students, its members, and in all the different ways in which it serves.

Certified in 2008, I have loved teaching yoga ever since. Now a YAA Senior Teacher at the 1,000 Hour Level, I teach regularly in my community and now online. Along with other YAA Senior Teachers, I teach core curriculum classes and offer mentorship through the YAA. Resonating deeply with yoga philosophies and ethics, I have a great passion for teaching workshops and classes on meditation and philosophy and lead this component of teacher training at local yoga studios as well.

In 2009, after volunteering to re-do the YAA's website which started with my karma yoga hours in the TTP, I was thrilled to be offered the position as the YAA's TTP & Certification Coordinator. The timing was serendipitous. Having just had my third child, this position allowed me to work from home, attend to my family, and continue teaching yoga instead of returning full-time to the U of A. It was a perfect fit.

As TTP & Certification Coordinator, I have come to know the students and teachers of the YAA very well. I have played an integral

organizational role and helped with the evolution of its programs and curriculum. A strong advocate for the YAA's high quality yoga teacher training & upgrading programs, I was pleased to accept an invitation to sit on the Advisory Group for Teacher Qualifications as part of the Yoga Alliance Standards Review in 2018. Recently, I've spearheaded the Senior Teacher Showcase Series, the new Immersion Program, and the upcoming Professional Development Series.

I often say that the YAA is a family to me. In the Autumn 2017 *Yoga Bridge* I wrote about the collapse of Anusara yoga, my preferred style at that time, and how important it was to me to have the support of this community of different lineages, and different styles, all coming together in unity. I know and love this YAA community — it has raised me, seen me through awkward growth, and has always been there to nurture me back to health and wholeness. I know and love the people of the YAA – I see your hearts, recognize your strengths, and feel your challenges. As a yoga teacher myself, I understand the challenges in industry and the growing culture. I know how hard it is to make a living teaching yoga, and the kinds of resources that yoga teachers need to be successful. I realize and appreciate the value of tradition and the importance of keeping that integrity, as well as the need to grow with the times and attract younger generations into the fold. I am dedicated and devoted to the YAA, and I hold a strong and optimistic vision for what we can become.

I am forever grateful that you have allowed me this opportunity to evolve my role with the YAA, and I hope that I can live up to your expectations. I am honoured to be a part of the YAA, and I am blessed that you are all here on this journey with me.

---

*Donalee can be reached at [yaa@yoga.ca](mailto:yaa@yoga.ca) for all things YAA, and at [donalee@trueblissyyoga.com](mailto:donalee@trueblissyyoga.com) for everything else! She teaches in Sherwood Park and the Edmonton area.*

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



- AGM:** **12:00-2pm:** 46th YAA Annual General Meeting, Executive (Board) Nominations - President: David Maulsby; Vice-President: Karen Hamdon; Treasurer: Erin Michie; Secretary: Steven Bell.
- 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.
- Fee:** Free for current members who attend the AGM.
- Pre-Register:** [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store)  
(Zoom link will be noted on your registration receipt)
- Info:** YAA (780) 427 8776

*Sandra studied Toning extensively with Eleanor Leatham in the early 1980s 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 Yoga Alliance in the USA, the founder of Yoga Outreach in BC and the author of three eBooks, YogaFiction:YogaTruth eBooks 1, 2 and 3; with accompanying videos. At 80 years young Sandra wishes to share and role model the healing transformation and change yoga has brought to herself and many others.*



# Joint & Glands Series Part III: Torso & Abdomen - Pelvis & Legs - Legs & Feet

by Lynnnda Sharp

One of the last gifts David McAmmond gave to me a few days before he died was to look in the eyes of all his students, whether present in the workshop or on the online screen and say very deliberately: “We are not DOING, we are UNDOING”. He added: “And I believe one way to “undo” is by wiggling”.

For me the *Joints & Glands* exercises are a form of wiggling into the tight spaces in the body to be able to release them. The movements are done slowly, combined with conscious breathing, facilitating the tissues to escape from confinement. If done every day for even as little as 20 minutes, your muscles, joints, and balance can be maintained no matter what your stage in life.

For the last few months, the outdoors has called my name. Instead of my usual half hour on the mat, I have gone outside, walking each morning to a different space. Like a puppy, I was drawn towards stop signs and streetlamps. They became my props for balance, re-coordination, and stability. Leg swings, knee swirls and kicks (as described in the *Joints & Glands* book, see reference end of the article), among many other exercises described in this article, helped me maintain my general sense of well-being. I hope you too can come up with some original ideas of how to incorporate joints and glands-type movements while walking, standing, sitting, or lying in bed. Each exercise can be adapted to alleviate soreness and rigidity in the body. Be aware and stay within your comfortable capacity.

## OVERHEAD STRETCH

Keeping your feet firmly grounded, stretch up through your legs and lengthen through your waist. With the arms by the sides of your body, turn your palms outward and sweep the arms out and up towards the ceiling. Slightly elevate your chest

and extend through the shoulders and then relax the tension between the shoulders and the ears by consciously drawing the tips of your shoulder blades down and towards each other. Reach up through the fingertips while drawing the head back slightly; tuck the chin and lengthen through the crown of the head. Stay for three or more breaths.

## STANDING SIDE BEND

Take your feet comfortably apart (about 3 feet) and firm the legs. On an inhale sweep your left arm up to shoulder level. Turn your palm up and continue sweeping as you bend slightly to the right. Your right hand is by your right leg supporting the weight of your upper body if needed. Use your inhalation to extend and open your entire torso. Use your exhalation to release unnecessary tension in the tissues of your face, neck and jaw. Hold for several breaths.

A way to engage the tissues of the back more fully is to exhale as the upper left arm moves slowly downwards in front of the body drawing your hips back into a small squat, tucking the pelvis and rounding the back, returning on an inhalation to the standing side bend. This sequence can be repeated. When ready, slowly lower your left arm to your side on an exhalation. Repeat on the other side. This pose releases tissue surrounding your spine and promotes deeper breathing by expanding the rib cage.

## SUPPORTED TORSO ROTATION

The lymph system helps rid the body of toxins, waste and other unwanted materials. Lymphatic vessels are present throughout the body including the surrounding tissues around joints. When we move one part of the body in relation to another, we are facilitating the movement of fluids including

lymph and synovial fluids, which helps lubricate the joints and its musculature.

Standing with the feet parallel to each other and slightly more than hip width apart, place the heel of your hands on your lower back with the fingers spread and pointing down. On an exhale, shift your pelvis forward, left, back, and right, making a complete circle. As your hips move, try to keep your head relatively centered and follow the rhythms of your breath. It may work for you to exhale as you circle forward, and inhale as you circle back. Do a number of repetitions to improve your flexibility and breath coordination. Then repeat the rotations in the other direction. As the movement releases tensions in your hips, upper thighs, and low back, mobility will increase in those joints. In addition, the obliques--the muscles located on both sides of your torso--will be strengthened.

## ABDOMINAL SQUEEZE

This important exercise stimulates the circulation of fluids in the abdomen, strengthens the abdominal muscles, and invigorates the abdominal organs.

Stand with your feet just wider than hip width and parallel to each other. Bend your knees and lean forward, resting your hands on your thighs with your arms straight. Let the weight of your torso travel down your arms into your hands. Breathe comfortably for a few breaths. Then, as you exhale, firmly contract your abdomen drawing your navel toward your spine. As you inhale, allow your abdomen to passively relax and expand. Repeat 5 to 10 times. \*\*\*NOTE: Women should not perform this exercise during their menstrual period or if pregnant.

## FORWARD STRETCH (SWIMMING)

This stretch is a preparation for all forward bending poses. It releases tensions in the hip joints and stretches the muscles in the backs of the legs and torso.

Stand with your feet well apart and parallel to one another. Inhale and sweep your arms to the sides and overhead, extending them from the shoulders, palms facing forward. As you exhale, begin to bend forward from the hip joints, making a circular swimming motion with your arms. Do keep the back of the knees slightly bent to alleviate

any tension in the low back. Swim forward and down as far as comfortable, and then swim up.

## FOOT CIRCLES

As we do with the wrists, we also want to do with our ankle joints. I often do these together when on my back before even arising from bed. How long does it take really to do three circles of the feet and the hands in one direction and three in the other?

## TOE BALANCE WITH TWIST

This one is trickier than it sounds, so if you have trouble with your balance have a chair or wall beside you for safety. As you inhale rise up on your toes lifting your arms in front of you at shoulder level, palms down (Fig.1A). Keeping your trunk, arms, and head in line, exhale and slowly twist to the left as far as you comfortably can, twisting from the deep muscles behind the navel wall and continuing to balance on your toes (Fig. 1B). As you inhale slowly return back towards the centre; when you reach the centre, exhale and twist to the right. Then inhale, slowly twist back to the left to face forward and lower your heels and arms to the starting position. Repeat this sequence of *centre—left—centre—right—centre* at least three times.

## LUNGE POSE





This pose begins on hands and knees. If this is not available to you due to knee limitations, an alternative is to try it from a standing position at a distance from a chair, placing one foot on the edge of the seat. Alternatively, if lying down on your back, draw one knee towards the chest.

Step your left foot forward between your hands, your toes in line with your fingers. Extend your right leg straight behind you, resting your knee and the top of your foot on the floor. (A cushion or folded blanket under your knee could be an act of kindness and self-care). Do a little wiggling at this point, rocking a few centimeters forward and backward to help lubricate the joints as was mentioned earlier. Then keeping your left knee directly above your ankle, shin perpendicular to the floor, lower your pelvis toward the floor, lengthening your thighs in opposite directions, pressing your torso forward, chest lifted, shoulder blades working down your back. Keep your neck long and in line with your spine. Repeat on the opposite side. If your wrists are tender you can make a fist and use them for support without bending at the wrists. The use of blocks could be useful too.

### RECLINING LEG CRADLES



This is a favorite for releasing the tight areas in your hips. Lying on your back with your knees bent; bring your feet to the floor near your pelvis. Cross your right ankle over and beyond your left thigh (Fig. 2A). Place your right hand against your right thigh to gently invite the pelvis and sacrum to maintain their alignment. It may be helpful to visualize your right sitting bone looking towards your left big toe. This may be enough for some people to feel the edge of their stretch zone. If not, lift the right foot from the floor and thread the fingers of both hands around the back of the left thigh, bringing the left knee a bit closer towards the chest (Fig. 2B). Be sure not to create tension in your face or jaw. Try to release unnecessary tension by wiggling a bit in and out of the position as you gently rock your hips from side to side. Then repeat on the other side.

### PELVIC TILT

Bring both feet back down to the floor near your pelvis, hip width apart, thighs parallel. One or two yoga blocks between your thighs can be helpful for stability. Bring your arms beside your torso, palms down. Spread the shoulder blades. As you exhale, press your lower back into the floor, contracting the abdominal muscles. Then, inhaling shift the weight of your lower body to your feet, upper arms and shoulders as you slowly lift your spinal column off the floor one vertebra at a time. When you lower your pelvis back to the floor, come down the same way, vertebra by vertebra. Your head and neck remain relaxed and stable through 5 repetitions.

### CORPSE POSE (SAVASANA)

According to my late teacher Margo Balog this is when the “real yoga” may unfold. It is an important part of the practice and also considered one of the most difficult poses because it challenges the habitual chatter of our minds and the resistance to stay still.

Lie on your back with your feet apart and hands comfortably away from your body, palms up. You can also lie on your side, a pillow under head, upper knee resting on a bolster or pillow and upper arm resting on your thigh. The intention is to restore energy, balance the nervous system and ease strain on the heart. Either position allows for deep relaxed breathing.

Cover yourself with a light blanket to prevent chills as the body cools during stillness. Maintaining a smooth flow of breath, observing the rise and fall of the navel area, your attention now focuses from the crown of the head to the toes scanning all parts of the body, surrendering to relaxation at a deeper and deeper level.

To complete your practice, gently move your fingers and toes and stretch in whatever way feels good. Then, bend your knees and roll to your side, supporting your head with your arm. Rest for up to 5 breaths before sitting up.

### REFERENCE CITED

*Exercises for Joints & Glands: simple movements to enhance your well-being, as taught by Swami Rama.* Himalayan Institute India. 2007. The book is available at YAA (780-427-8776)

*Lynnda Sharp is a Senior Teacher with YAA who enjoys continuing studies with the Himalayan Tradition. She can be reached at lsharp11@telus.net*

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# James Greenough: A senior teaching yoga to seniors

by Shanti Prasad Singh

Author's note: *A few years ago, I met Jim Greenough at the Yoga for Today studio where I was taking yoga classes from Gerda Krebs. I was immediately impressed with his yoga skills, his willingness to help other students in the class and his inimitable sense of humour, which added much enjoyment to an already enjoyable class. At the start of the global pandemic, when all yoga studios were closed, I discovered Jim's online classes and was able to continue with my yoga practice with such a talented instructor. Last Fall, I approached Jim with the idea of writing an article about his journey to becoming a yoga instructor. He agreed and we conducted the interviews over coffee at the Headquarters restaurant in Sherwood Park. Jim is very modest so it took a few coffee chats, followed up by several emails, to obtain information on his many accomplishments over the past 81 years. Jim can be contacted at: greenhornetsnr@shaw.ca*

**B**orn in Ottawa on December 2, 1940, Leonard James Greenough (Jim), never envisioned as a young man that one day he would become a yoga instructor.

Jim has had a very active and athletic life and at the age of 81, he shows no sign of slowing down. He was a decorated military officer with a 45-year career as a pilot, instructor and reservist (1959-2005) and a further 10 years as head of the regional cadet training facility at Canadian Forces Base (CFB) Edmonton (2005-2015). He has been married to his lovely wife Marlene for 57 years; they are the proud parents of four children, nine grandchildren and four great grandchildren. After stepping away from military duties, Jim became a Certified Level 2 Ski Instructor, a yoga student ... and a yoga instructor!

## JIM'S LOVE OF TEACHING

A look back on Jim's life reveals one common thread – he has always been a teacher and mentor. Jim has had an aptitude and passion for teaching

others, starting as early as 1956 when he was a swim instructor with the Canadian Red Cross. His love of flying inspired him to join the Royal Canadian Air Force in 1959. During the early part of his military career, he was stationed in Germany where he met and married Marlene. While there, he advanced his lifeguarding skills to the point where he was teaching others the art and science of that craft and more generally teaching people how to get in shape. He returned to Canada in 1965 where he progressed through the pilot training program and became a commissioned officer. His love of and skill as a teacher earned him the highest military flying instructor certifications possible in Canada (*A1 Instructor*) and the United States (*Doctorate of Flying Training*). Jim's military career spanned 35 years; his last assignment was Chief Flying Instructor in Moose Jaw, Saskatchewan. His final flight, one that he remembers with great fondness, was with his son, an F18 pilot with the Canadian Air Force.

After he formally retired, Jim stayed active with the CAF as a reservist and then as Commandant of the regional Cadet Training School at CFB Edmonton, finally stepping down from that role in 2015.

## JIM'S PATH TO YOGA

When Jim worked at CFB Edmonton, he and his family lived in nearby St. Albert. His massage therapist there, Becca Pati, challenged him to take up yoga. Her studio (Divine Health) offered yoga as well as massage therapy, and Becca offered Jim two free classes as encouragement. He was somewhat reticent at first, especially since he would be the only male student in the class. But at 60, he decided to give it a try and took his first yoga class in October 2000 from Becca. He felt very fortunate

to have found such an exceptional instructor who was supported by a talented team (Kari, Tracy, Meridian and others).

In his own words, he "never looked back". He was hooked on yoga. He became known as the "Peacock Man" after he rapidly mastered this difficult yoga pose.

The photo shows Jim performing the Peacock pose on Whistler Mountain in 2015, when he was 75 years old!

During the winter months, Jim and his wife often travel to Nuevo Vallarta, Mexico, where they spend a couple of months at a resort condo. Jim likes to practice yoga on the beach there. Some years ago, some of the residents saw him practicing and asked if he would lead a class. He agreed and started to teach yoga three times a week on a volunteer basis. His yoga students were from Canada, the United States and Mexico.

In 2015, Jim and Marlene relocated to Sherwood Park so that they could be closer to their grandchildren. He initially continued with his yoga training in St. Albert but decided to look for a similar environment in Sherwood Park. He "stumbled" on the "Yoga for Today" studio one day and found the place that he had been looking for! He took classes and soon joined their Yoga Teacher Training program. In November 2018, Jim became a Certified Yoga Instructor. He said that he was fortunate to have met Chris, the owner of the studio, and was trained by outstanding teachers such as Gerda Krebs, Tina Chavda and Donalee Campbell, among others.

Continuing to spend a few months each winter in Nuevo Vallarta, Jim kept on teaching complimentary yoga classes. Some students commented on the changes in his training techniques following his teacher training. He orchestrated a Vinyasa Sun Salutation sequence by training his students, step by step. At the final class, they were able to put it all together on the beach – with music ("The Flow", a cello piece in the album entitled "The Poet" by Michael Hoppe).



The song is three minutes forty seconds long and the ending coincided with the end of the Sun Salutation sequence and the final rays of the setting sun (Jim has a breathtaking video of this event).

In 2019, like many other yoga teachers, Jim began offering free yoga classes on Zoom. His pleasant demeanor, gentle

teaching style and sense of humor make each class thoroughly enjoyable. Always appreciated by his yoga students, comments from them include "natural born teacher", "very patient and thorough in his Zoom instructions", "terrific sense of humor", and "teaches us to do poses which are good for seniors".

His zoom group initially included the students whom he had met in Nuevo Vallarta but, over time, his group grew and now includes students from various towns/cities in Canada. Most of his students are seniors, whom he kindly refers to as "people of our vintage". Jim generously shares information gained from his constant research and thirst for knowledge, such as the names of yoga books, benefits of various mudras, videos on various asanas, proper walking, and breathing techniques.

After the final pose – *savasana* – Jim joins his palms in *Anjali mudra* and ends with the saying that he learned from his first yoga instructor, Becca Pati: "the Divinity in me recognizes and adores the Divinity in each and every one of you. Namaste! Thank you".

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*Shanti Prasad Singh has been practicing yoga for many years and started taking classes from Gerda Krebs at the Yoga For Today studio in 2018, after she retired from her career as a Senior Management Accountant. Post retirement, she has focused on various volunteer activities and also sits on the following Boards - The Mahatma Gandhi Foundation for World Peace, Make a Dream (Lions) Society and Edmonton Region CPA Community Ambassadors.*

# The Importance of Liability Insurance

by Toole Peet & Co. Limited

Toole Peet Insurance has partnered with Markel Insurance to create a program specifically designed to meet the needs of yoga instructors at an affordable price. Our program offers a Commercial General Liability policy (with a choice of limits), which provides coverage for payments and expenses that you may be legally liable to pay. It will respond to third party allegations of property damage or bodily injury. Maybe a student slips on the floor after an especially sweaty practice, or you accidentally step on their brand-new iPhone while walking around during class (although who brings their phone into a yoga class?!). In these situations, the student may blame the instructor, which would trigger the liability policy. We may not be able to control all situations and completely mitigate risks, but insurance can offer you peace of mind knowing that you are protected.

If the studio you teach at has their own insurance in place, you may wonder why you also need individual coverage. Generally, a studio's policy will cover them and any employees, but if you're hired as an independent contractor then their policy will not cover you. This is important because if there is an incident, both the studio and the individual would most likely be named in the lawsuit, so you want to ensure you are protected.

Another beneficial element of the policy is coverage for defense costs if a lawsuit is brought against you. It provides coverage for the necessary costs incurred to investigate and settle a claim regardless of whether or not you are found legally liable for that action. This protects you against frivolous and unmerited lawsuits, which could be a big financial burden without the proper insurance in place.

Things have changed dramatically over the last couple of years and people have had to adapt their teaching style and in many cases, move it completely online. We have worked closely with

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# Family Caregiving Made Lighter Through Yoga and my Yoga *Sangha*

by Kim Fraser

This personal essay is a follow-up to my previously published article in the Spring 2021 *Yoga Bridge* “Yoga as a Self-care and Resilience-building Strategy for Family Caregivers.” In that article I shared who family caregivers are and ways yoga can support them through their family caregiving journey. In this personal essay I will share my experience with family caregiving and how yoga and my yoga *sangha*—my yoga community—helped me support my husband through his prostate cancer diagnosis and treatment.

To recap, family caregivers are unpaid caregivers who provide care and support a loved one or friend. They may live with the one they care for, or not, and their caregiving journey may be acute, short-term, or go on for several years. Nearly one in three Canadians are family caregivers—that’s eight million of us.

My story began on September 18, 2019 when my husband was diagnosed with prostate cancer—not the kind that 80% of men might have, but an aggressive type that only a small subset of men experience. September just happens to be prostate health month and each September approximately 1900 families will be forever changed with the words, “You have prostate cancer”. Ours certainly was. It threw us both into a whirlwind of unknowing and fear.

Like many family caregivers, I took on my caregiving role reluctantly. Of course, I wanted to do it, to be there for my husband, to be the strong one beside him—it was his body, his health, but he was also central to my life and our son’s life. It affected every one of us, albeit differently. Although I kept repeating to myself that I didn’t want to be here, that I did not need the personal

experience of being a family caregiver, now that I was, I also knew I would do my best. I had just completed a book on family caregiving (Fraser, 2022, in press) and felt I was being put to the test, held to account as I was called to verify just how true was what I wrote. Would those things hold for me? I thought so but I would soon find out.

I wrote the book based on what others knew and shared with me, what I studied, and things I observed, not only with my mother—my father’s family caregiver, but also with the thousands of families I worked with over my career as a home care nurse and researcher. But now, I was the litmus test. Every concept I wrote about pinged my brain. The feelings—anger, fear, confusion, the waiting—for appointments, for the doctor, for lab results, for surgery bookings, for people to get back to you. Keeping my anxiety at bay through the search for information, accessing the best possible care, communicating effectively with health care professionals to get the information we needed, and dealing with the myriad of different sectors and care providers took a lot of my energy. Often, I wanted to scream. I had the chance to test every concept I wrote about. I had to face our “new normal”, following the initial recovery and follow up, along with the fears that arise every six months when it’s time for PSA testing again. I was thankful for my yoga practice over and over through this “new normal” as I came to accept that this “new normal” is only one aspect of our lives and knowing that, we can overcome anything that comes our way.

My family caregiving role was fast and furious. I didn’t have to “look after” my husband like someone does when they have a debilitating disease like MS—like my Dad had which

necessitated my Mom to be his full-time caregiver. My experience was different. I was always there for my husband, taking on the role of researcher, organizer, communicator, supporter, and of course directly caring for him during his hospitalization to remove his prostate and through his post-op recovery, but it wasn’t the relentless day-to-day caregiving that many caregivers like my mother experienced.

My role as supporter meant that I had to be strong. I was the one who tempered our fears, reviewed the literature, interpreted the treatment options as well as the doctor’s words, and kept my husband focused on a positive recovery. We were scared more so than any other time in our lives. He drew on his circle of friends for additional support—at the airport where he flies. I drew on mine to support me—my yoga community. Of course, we had our extended family out of province and our mutual friends, but we also needed to draw on our own circles. We had different needs.

The power of my *sangha*<sup>1</sup>—my yoga community—kept me grounded. It was my place to check in with the outside world and do something I loved almost every day. The first thing I did was to tell people. In one of my regular classes, my yoga teacher always asked who needed prayers or positive thoughts so I was used to that. When she asked me if I wanted to draw on some of our yogic strength in the room with thoughts and prayers I immediately said yes. Normally, I am shy about such things and am quite private with family life, but I knew we needed all the love and support we could surround ourselves with. I told my husband about what I was doing to draw on support of my community as I encouraged him to keep talking to his friends and be open as he shared what he was going through with his friends—especially the ones he knew who already had prostate cancer and various procedures.

The support of others through tougher times can ease the burden. They can’t offer support if they don’t know. As I reflect on what I wrote in my book about self-care and in my previous article, there are many ways that yoga specifically helped me.

Stressors and challenges come from different places—external and internal. My external stress came from the diagnosis itself—understanding it, arming ourselves with the best possible information and treatment options. Cancer

was new to me on a personal level, hearing “an aggressive type” was traumatic. The stress of not knowing how soon he would get the surgery, once we knew that was our only option was the most difficult part of the process. We were on a waiting list. Internally, we were well equipped. We both had healthy coping skills and are both highly resilient people. Knowing that perpetuated the belief that we would get through it. However, deep down I knew I also had to rely on others for support, just through sharing and talking, to get through it. I was called on to practice what I preach. Although that was a stretch for me it was worth the risk. I did not feel so alone. If we chose to be more insular and not share like we did, coping with the whole thing would have been harder.

Yoga and my yoga *sangha* were invaluable to me. My personal yoga practices—breathwork, asanas, and meditation—were all helpful. Moving through the asanas helped me focus on what I was doing in class. It was therapeutic for me to have my mind on my practice. While focusing on the postures and keeping my mind busy was beneficial, my whole body benefited from the movement. Physically maintaining and working on my strength, flexibility, and stamina was health promoting in and of itself. Because we had various appointments, sitting in waiting rooms, and were spending more time sitting with each other in the evenings, the asana part of yoga at least supported my physical body more than ever before. During the two full hospital days for surgery, I was sitting a lot. This was followed by more sitting while my husband was recovering at home. I was grateful for my healthy body.

I had noticed some years earlier that my breathing had more depth and breadth to it because of yoga. I often took deep breaths and sighed audibly because I loved how I could regain control over my nervous system. I regularly drew on that practice. Through the time of diagnosis, fear activated my body’s stress response—my heart was racing, my breathing became shallow, and my gut was acting up. During that time, I was able to intentionally use breath work to calm my nervous system. I knew that if I could gain control over my body, then I could work to calm my mind as well. The power over our body, and the ways

the body can control our minds should not be underestimated.

Meditation also calmed me. It supported my stress management in general by allowing me to focus my thoughts, stay grounded in the present, and reaffirm my resiliency and self-awareness. In the case of guided meditations, they provided a restful and nourishing mental break from “what-if” thinking about of prostates, cancers, treatments, options and schedules.

The mental and emotional benefits of my yoga practice were as supportive as the physical part of my practice. Simply taking time on my mat gave me space for reflecting on both the cancer itself, as well as the impacts of the cancer on our lives. It helped me maintain a healthy—and reasonable—perspective and remind myself that this was only one part of our lives. Although it was an all-consuming part at the moment, I could see beyond it regardless of the outcome. I started to believe we could cope with anything and believed that all would be well again. I drew on the power of positive thinking—already a big part of my natural outlook, but something easy to forget in the face of adversity.

Knowing I was practicing in a room with like-minded people who knew what I was going through was reassuring. Being in my own community, drawing on the strength from the collective energy of the room was comforting. Each day my teachers would ask about my husband as would many of those in my classes who I had come to know. A few women had gone through this with their husbands and they took time to share personal situations and experiences. The treatments, recovery, ages of men with prostate cancer vary, but hearing others’ stories was helpful.

I felt emotional support both by being in the studio with others and simply by being on my mat. Maintaining my practice through such a stressful time not only offered immediate benefits, but also long-term benefits. Because I continued my practice, even if I modified the frequency or intensity, I didn’t have to begin again with my routine. I didn’t have to build back up after an absence, because I never gave it up. While it is often challenging to maintain a usual routine through a change or a stressful period, I knew letting go of my yoga practice was not the right thing for me. The subtle but consistent benefits of moving

through familiar asanas, breathwork, meditations, and savasana were not lost on me. The permission I gave myself to just be present and not push myself through my practice was also applied off the mat and supported me in being more forgiving of myself at home.

Yoga reminds us that we are part of something much bigger. I carried that with me, or did it carry me?

*Footnote 1. Sangha loosely translates to community and traditionally referred to a community of ordained monks or nuns. Thich Nhat Hanh, Vietnamese Buddhist monk and peace activist, called it a “beloved community.” A sangha is about the people in the group or community who are engaged with each other in service, offering joy, and sharing inspiration. It is the collective contribution of the whole group that build sangha. It doesn’t just happen when people gather—it is a special connectedness. Common words that come up when we discuss sangha are fellowship, brotherhood, spirit of support and togetherness, inspiration, learning, universal upliftment, of service to others, a willingness to join hands, energy, inclusivity, and of course community. Yoga is usually a solitary pursuit, but we don’t have to make the journey alone.*

#### REFERENCE CITED:

Fraser, K. (in press). 2022. *The Accidental Caregiver: Challenges and Triumphs of Intimate Family Caregiving*. Sutherland House Publishers.

*Kim Fraser has been practicing yoga for 14 years and will soon be certified through the YAA as a 500-hour Teacher. She is also a nursing professor and president of the Board of Caregivers Alberta (caregiversalberta.ca), a not-for-profit organization that offers supports and courses to family caregivers. Email: kimberly.fraser@ualberta.ca.*



Save the date to join us next year:

## Presence and Warmth

A Meditation & Mindful Movement Retreat  
with Kavindu (Alejandro 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 Sielecki 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, [sielecki@hotmail.com](mailto:sielecki@hotmail.com)

## 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](http://micromoves.com/therapists.asp))



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

[micromoves.com/therapists.asp](http://micromoves.com/therapists.asp)  
is now under Credits / CC tab

[info@micromoves.com](mailto:info@micromoves.com)

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## ROSEN METHOD BODYWORK

Complementary to yoga, Rosen is a unique form of bodywork. Chronic muscle tension is met using a gentle, **sensitive touch** that **listens** rather than manipulates, cultivating awareness of what is consciously and unconsciously held, physically and emotionally, in the body.

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**Jeanette Ward**

YAA 300HR Certified Yoga Teacher

Rosen Method Bodywork Practitioner

[www.jeanetteward.ca](http://www.jeanetteward.ca)

[jeanette929@gmail.com](mailto:jeanette929@gmail.com)

*"I knew from my very first session. This work is sacred. This work has an infinite depth. This work accesses our essence." - Santosha*

Discount for YAA-TTP Students & Teachers  
#103, 11710 Kingsway Ave Edmonton



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At some point in our lives, we may all come across an emergency situation. It may involve a total stranger, a co-worker or a loved one. Medical emergencies can be brought on by health issues or as a result of an accident. Unless we are trained professionals accustomed to dealing with traumatic situations, it is human nature to react initially by panicking. Our body responds naturally to any stressful event by releasing hormones, which prepare the body for fight or flight. If we don't know the steps to take to help a casualty, we continue to panic. However, if we are confident in the skills and knowledge we have gained from first aid and CPR training, we can transform our heightened sensitivity into focused action, and turn what may potentially be a life-threatening event into an opportunity to give someone a second chance. Apex Training Solutions Inc. strives to provide you with that confidence.

*Discounts for YAA Students, Teachers and Members.*

## The Curious Heart

Online Meditation and Mindfulness with Kat Boehm

The Curious Heart meditation and mindfulness course gently guides you through the foundations of mindfulness. You can listen and practice at your leisure, creating a gradual and spacious exploration of mindful awareness, meditation and self-compassion.

You will receive:

- 7 themed mindfulness talks
- 6 guided meditations
- home support practice
- option for video or audio only sessions
- tiered pricing for accessibility

*Kat Boehm is a YAA Senior Certified teacher and has been practicing meditation, mindfulness and yoga since 1997.*

Learn More: [pauseandconnect.teachable.com](http://pauseandconnect.teachable.com)



# SAVE THE DATES: YAA EVENTS

### Know Your Yoga Body. Ad p. 20.

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

### 2022 Senior Teacher Showcase. Ad p. 31.

**FREE for YAA members. Twice Monthly** online classes w/ YAA Senior Teachers\*\*. Meet Alberta's best teachers. Mar 2&16: David Wilson\*\*; April 7&21: Beth McCann\*\*; May 4&18: Anita Sielecki\*\*; June 1&15: Marcia Langenberg\*\*.

### YAA-TTP Classes in 2022. Ad p. 22-23.

**In-person &/or Zoom**

**Jan 22, Feb 12, Apr 23, May 14, Jun 4, Sep 17 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!

### 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.

### Spring Equinox McAmmond Fundraiser.

**March 20 w/ Susan Quan.** Gentle, restorative. 9-11 Zoom. \$40. Have blankets, chair, blocks.

### Professional Development Series. Ad p. 10.

Free for all YAA members. Live Zoom webinars with recordings available. **March 31** Developing your Brand w/ Beth Harding. **May 12** Teaching Meditation w/ Kat Boehm\*\*.

### Exploring Yoga in Community Ad p. 5.

**April 1-3, Sept 30-Oct 2 & Dec 2-4.** A gathering of friends organized by Anita Sielecki\*\*. A peaceful and supportive retreat with asana, pranayama and restorative yoga. Connect with the Alberta Yoga Community.

### 2022 AGM. Ad p. 13.

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

### Meditation w/ Kavindu. Ad p. 27.

**August 3-7.** If you are looking for peace, love & contentment, learning to be "present" at a workshop w/ Kavindu will help you find yourself.

### iRest w/ Richard Miller\*\*. Ad p. 2.

**October 14-19.** A life-transformative retreat w/ internationally renowned teacher Richard Miller\*\* (USA) "No Mirror to Polish-A Livestream Retreat". Check website ([yoga.ca/yaa-store/](http://yoga.ca/yaa-store/)) for updates. The 2021 Online workshop event was exceptional. Not to be missed.

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

**REGISTER:** [www.yoga.ca/yaa-store/](http://www.yoga.ca/yaa-store/)

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

**INFORMATION & TO REGISTER: 780-427-8776 OR YOGA.CA**

## YAA CODE OF ETHICS

The YAA views its activities as promoting increased public knowledge and availability of yoga. All individuals in the association are encouraged to participate in these activities in an atmosphere of cooperation. The Code of Ethics as adopted at the 1979 annual meeting of the Association is:

- To treat others with dignity, respect and consideration of their circumstances
- To act in such a manner so as to maintain and honour the traditions of yoga
- To study, practice and expand the knowledge of yoga
- To improve the standards of yoga within the community

### GUIDELINES FOR YAA CERTIFIED TEACHERS BASED ON THE ABOVE CODE OF ETHICS

- Teachers agree to adhere to the Code of Ethics and these Guidelines with their YAA Certification and recertification. Failure to abide by these Guidelines may result in revocation of YAA Certification and membership, in accordance with the YAA Policies on Harassment and Abuse, Conflict of Interest, Dispute Resolution and Appeals.
- Teachers support the YAA in carrying out its Mission, Goals and Role of the Association.
- Teachers adhere to the policies of the YAA.
- Teachers provide accurate information regarding their credentials and training.
- Teachers deepen their knowledge, keep up to date with new developments in yoga and maintain and improve their teaching skills. This is a requirement for both receiving recertification and for maintaining Permanent Certification.
- Teachers adhere to traditional yoga principles as written in the yamas and niyamas and refrain from making any comment, gesture, or contact that is likely to cause offence or humiliation.
- Teachers conduct themselves in a professional and conscientious manner, follow all local and national laws that pertain to their yoga teaching and business, and act with ethical and financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga, acknowledge the limitations of their skills and scope of practice, and

where appropriate, refer them to other teachers, suitable practitioners, or to the YAA office.

- Teachers do their best to create & maintain a safe, clean and comfortable environment for yoga practice.
- Teachers inform students of their personal yoga philosophy and style, practice tolerance and acceptance of the views of others, and encourage critical thinking and self-inquiry within their students.
- Teachers do not malign other yoga professionals.
- Teachers respect the rights, dignity and privacy of all students, and are respectful, compassionate and truthful with all practitioners of yoga – fellow students and teachers alike.
- Teachers avoid words and actions that constitute sexual harassment or harassment based on other legally protected characteristics.
- Teachers encourage diversity and do not discriminate against students based upon their race, religion, nationality, gender, sexual preference, age or physical ability (except in the interests of providing a yoga class suitable to the student's needs).
- Teachers practice some form of karma yoga (selfless service) based upon their skills.

### GUIDELINES FOR YAA MEMBERS BASED ON THE ABOVE CODE OF ETHICS

- Members of the YAA should be aware of the Code of Ethics and Guidelines, published in the *Yoga Bridge*.
- Members of the YAA should adhere to the Code of Ethics on an honour basis.
- Members are aware of and support the Mission, Goals and Role of the YAA.
- Members adhere to the policies of the YAA.
- Members may convey suggestions, input or ideas in writing to the YAA for consideration by the Executive.
- Members with specific concerns regarding the conduct of a YAA certified teacher can convey these specifics in writing to the YAA Executive.
- Members interested in becoming teachers should become familiar with the YAA Teacher Training Syllabus.

## YAA Senior Teacher Showcase

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



- Two livestream classes per month on Zoom with a variety of YAA Senior Certified Teachers.
- Recorded classes available inbetween classes.
- Register now at 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store).
- UPCOMING DATES:

March 2 & 16  
May 4 & 18

David Wilson\*\*  
Anita Sielecki\*\*

April 7 & 21  
June 1 & 15

Beth McCann\*\*  
Marcia Langenberg\*\*

## Join your Alberta Yoga Family! THE YOGA ASSOCIATION OF ALBERTA



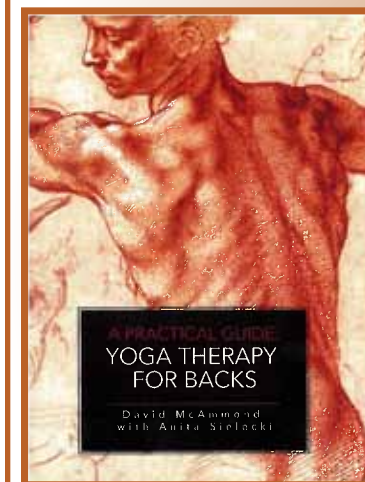
YAA Membership is open to **EVERYONE** (including non-teachers)

\$10 Associate Membership (electronic copy)

\$30 Full Membership: (mailed newsletters)

First time members receive **FREE Associate membership for a year!**

Sign up at [www.yoga.ca/membership](http://www.yoga.ca/membership)



## YOGA THERAPY FOR BACKS A PRACTICAL GUIDE

by David McAmmond & Anita Sielecki

\$38 YAA members

[www.yoga.ca/yaa-store/](http://www.yoga.ca/yaa-store/) or [admin@yoga.ca](mailto:admin@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 miss you.**









# YAA EVENT CALENDAR

- E** Edmonton & Area
  - C** Calgary & Area
  - O** Online
  - H** Hybrid (Online and In-Person)
  - \*\*** Denotes YAA Intermediate or Senior Teacher Status
  - Events in colour are organized by YAA
- All events subject to change due to Covid**

### 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).

### 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.

**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.

## MARCH 2022

### YAA Teacher Training and Upgrading! Ad p 22-23.

**March 12 E H**  
**Building Resiliency-Yogic and Mindfulness Approach** w/Satwinder Sran & Robin Campbell. 2pm-5pm. \$75. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**March 12-13 E**  
**Pain Care Yoga: The Art and Science** w/Terri Jones. 9-4:00pm. \$275 (early bird \$250 prior to Feb 15). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

**March 13 E**  
**3 hr Hatha Training** w/Gerda Krebs. 12:30-3:30pm. \$50 (YfT members \$45). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

**March 16 O YAA**  
**Senior Teachers\*\* Showcase Series w/ 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.: [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store) Ad p. 31.

**March 16-27 & August 14-25 C**  
**RYT 300 Hour Professional Upgrade Immersion to RYT500 Yoga Teacher Training** in 2 Modules w/ South Okanagan Yoga Academy. Classical yoga program. Begin in either module-both required. \$4195 + gst - Early reg. save \$300. Held at Tullamore Retreat Centre. Teacher Refresher 1/2 price - full or half program. Accommodations/ meals extra. Becky 403-710-4294, www.soyayoga.com; info@soyayoga.com

**March 17-May 12 E**  
**Yoga for PTSD and Trauma**, Kayla Rubis, (5 sessions every 2<sup>nd</sup> Thursday), Yoga Alliance Certified Yoga Instructor and Registered Provisional Psychologist, Using Yoga techniques as an approach to coping with PTSD and Trauma, 7-8:30pm, cost \$375, 8506-104 street, 780-700-2577 or admin@refocusyou.ca

**March 18 E H**  
Yoga for Back Care w/ Allison Ulan. 6:30-8:30pm. \$35. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**March 18-20 E**  
Kids Yoga Teacher Training (20 Hr) /Rita Maltais. 9:30 -4:30pm. \$400. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

**March 20 O YAA**  
**Spring Equinox Workshop w/ YAA Senior Teacher Susan Quan\*\*.** 9-11am on Zoom. \$40. Celebrate new beginnings with reflection, gentle and restorative yoga. Please have available yoga blocks, blankets and a chair. 100% of the proceeds of this workshop will go to the David McAmmond Memorial Fund. 780-427-8776 or [www.yoga.ca/online-store](http://www.yoga.ca/online-store).

**March 20 E H**  
Realignment Yoga for Golfers w/ Candace Wickins. 1:30-3:00pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**March 20 E**  
Guided Imagery Healing Journey: Journey to Meet Your "Ancient One" & Journey to the Lower Self w/Anne Belohorec. 11-12:30pm. \$30 (YfT members \$25). 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

**MAR 22- April 14 E O**  
Learn to Breathe:the yogic way w/ Neeru Prashar on Zoom. Tue & Thurs 6-7:15pm. \$108. 587-712-0396. www.yogawithneeru.com or yogawithneeru@gmail.com

**March 25-27 O YAA**  
**TTP Spring Teaching Skills Workshop w/Beth McCann\*\*.** Friday 7-9pm, Sat & Sun 9am-4:30pm. \$225. Credit towards TTP or Advanced Training Levels. Livestream via Zoom. Reg. YAA 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store). Ad p. 23.

**March 26 E**  
Yoga and RAD Roller "fore" Golfers w/Michelle Anderson. 1-3pm. \$55 ( YfT members \$50). . Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

**March 31 O YAA**  
**Professional Development Series – Developing Your Brand for Authenticity & Impact w/ Beth Harding of All-In Change Maker Consulting.** 7-8:30pm on Zoom. YAA 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store) Ad p. 10.

## APRIL 2022

### YAA Teacher Training and Upgrading! Ad p 22-23.

**April 1-3 E H YAA**  
**Exploring Yoga in Community: Asana, Meditation, Therapeutic & Restorative Practices.** \$240 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; check [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store) for updates. Anita Sielecki\*\* 780-432-7152. Ad p. 5.

**April 1 E H**  
Monthly Meditation w/ Rebecca Hung. 7-8pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**April 7, 21 O YAA**  
**Senior Teachers\*\* Showcase Series.** 8-9pm. Thursdays w/ Beth McCann\*\*. Meet Alberta's Best Teachers! Twice/month FREE for YAA members with a variety of YAA Senior Teachers. Zoom link will be noted on the registration receipt and recordings available in between classes. [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store). Ad p. 31.

**April 8 E**  
Yin Yoga & Sound Bath w/ Alia Wieland & Sebastien Bolessa. 7pm-8:30pm. \$35. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**April 3-9 O**  
Week Long Meditation w/ Rebecca Hung. 6:30am-7am. \$56. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**April 9 C**  
Postural Health Workshop w/ Sharoni Fixler. Explore and realign postural imbalances to take us back to natural, healthy postural alignment. 2-4pm. Calgary Iyengar Yoga. 403-457-4070. [www.calgariyengaryoga.com](http://www.calgariyengaryoga.com)

**April 9-10 E H**  
Hormone Yoga Therapy w/ Corinne McNally. Sat 10-4pm; Sun 10-1pm. \$179. Includes Manual & Online Video. #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**April 10 E H**  
3 hr Hatha Training w/Gerda Krebs\*\*. 12:30-3:30pm. \$50 (YfT members \$45). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

**April 10, 2022-January 22, 2023 H**  
RYT 200 Hour Yoga Teacher Training ONLINE live via Zoom w/ South Okanagan Yoga Academy. Classical yoga. Meeting online three Sundays each month 9-2pm MT. \$3200+gst - Early reg until Feb 1 save \$300. Accom/meals extra. Becky 403-710-4294 www.soyayoga.com

**April 22-23 E H**  
Yoga for Healthy Hips and Back Strength w/ Allison Ulan. \$75. #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

**April 22-24 C O**  
Why Props?: 12 Creative Ways to Work with Props. A Weekend Workshop with Eyal Shifroni. Join a world-renowned teacher & author for an online workshop about creative prop use. 9am-12:30pm daily. [www.calgariyengaryoga.com](http://www.calgariyengaryoga.com). 403-457-4070.

**April 23 H 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 Groat Rd, Edm. OR livestream via Zoom. YAA 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store) Ad p. 23.

#### **April 24 E**

Guided Imagery Journey: Journey to Meet an Ancestor and The Awakened Heart w/Anne Belohorec. 11-12:30pm. \$30 (YfT members \$25). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

#### **April 30 O YAA**

**AGM on Zoom. Elections, Free Workshop: "Releasing Stress Through Yoga and Toning" w/ Sandra Sammartino\*\* (B.C.) for YAA members. 12-3:45pm. Join the Alberta Yoga Community! www.yoga.ca/yaa-store. Ad p. 13.**

#### **April 30 C**

Core Strength & Abdominal Health Workshop w/ Deanna Oliphant. How to work with the core intelligently for optimal health in the abdomen. 2-4pm. 403-457-4070; www.calgariyengaryoga.com; deanna@calgariyengaryoga.com

#### **April 30-May 29 E**

Usui Reiki Ryoho Level 2/3 Advanced Practitioner Level w/ Rebecca Hung. \$630. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

### **MAY 2022**

#### **YAA Teacher Training and Upgrading! Ad p 22-23.**

#### **May 1-Dec 21**

300 Hour Professional Upgrade to RYT500 Yoga Teacher Training in 2 Modules: HYBRID Program with Online & Immersion in USA w/ South Okanagan Yoga Academy. Classical yoga program. Various module start dates. Meeting online Wed/Fri 2-6pm ET, concluding with an in-person immersion in either Michigan or Florida \$3600USD - Early reg until March 1 save \$200. Accom/mods extra. Becky 403-710-4294. www.soyayoga.com

#### **May 4 & 18 O YAA**

**Senior Teachers\*\* Showcase Series. Wednesdays w/ Anita Sielecki\*\*. 8-9pm on Zoom. 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 & recordings available in between classes. www.yoga.ca/yaa-store Ad. p. 31.**

#### **May 6 E H**

Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$18. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca

#### **May 6 E**

Balancing the Chakras and Healing Sound Bath w/ Jeremy Bell and Sebastien Bolessa. 6pm-9pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

#### **May 8 E**

3 hr Hatha Training w/Gerda Krebs\*\*. 12:30-3:30pm. \$50 (YfT members \$45). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

#### **May 12 O YAA**

**Professional Development Series - Teaching Meditation: A Grounded and Accessible Approach for Everyone w/ Kat Boehm\*\*. 7-8:30pm on Zoom. YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 10.**

#### **May 13-15 C**

Exploring the Spine Weekend Workshop w/ Sharoni Fixler. 403-457-4070; www.calgariyengaryoga.com; deanna@calgariyengaryoga.com.

#### **May 14 E H YAA**

**Core Curriculum Class - TTP & Upgrading: Backbends; Gunas and Koshas w/ Neil Haggard\*\*. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 23.**

#### **May 15 E**

Consciousness Mapping Soul's Reflection Journeys w/ Anne Belohorec. 11-12:30pm. \$30 (YfT members \$25). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

### **JUNE 2022**

#### **YAA Teacher Training and Upgrading! Ad p 22-23.**

#### **June 1 & 15 O YAA**

**Senior Teachers\*\* Showcase Series. Wednesdays w/ Marcia Langenberg\*\*. 8-9pm on Zoom. 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.: www.yoga.ca/yaa-store. Ad p. 31.**

#### **June 1-August 31 E H**

Summer Yoga Quest. Please watch our website for details. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

#### **June 3-5**

SOYA Annual Retreat 27th Anniversary Celebration. Spiritual Yoga taught by special guest Nayaswami Gyandev McCord from the Ananda Village (Yogananda tradition) w/ South Okanagan Yoga Academy @Sorrento, British Columbia. Becky 403-710-4294. www.soyayoga.com; info@soyayoga.com

#### **June 4 E H YAA**

**Core Curriculum Class - TTP & Upgrading: Surya Namaskar and variations; Ujjayi; Tantra/Mantra w/ Teddy Hyndman\*\*. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 23.**

#### **June 10-12 E**

The Alchemy of Emotions: The Yogic Practice of Rasa On Zoom w/Anne Douglas. Fri 6:30 - 8:30pm. Sat - Sun 1-5:00pm. \$250 (\$225 before May 1). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

#### **June 12 E**

3 hr Hatha Training w/Gerda Krebs\*\*. 12:30-3:30pm. \$50 (YfT members \$45). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

#### **June 24 E H**

Summer Solstice w/ Satwinder Sran. 6:30pm-8:30pm. \$40. Yoga Within #302, 8135-102 St. 780-450-9642. yogawithin.ca

#### **June 30-July 16 C**

RYT 200 Hour Immersion Yoga Teacher Training w/ South Okanagan Yoga Academy. Classical yoga program. \$3200 + gst - Early reg by May 1 save \$300. Held at Tullamore Retreat Centre near Calgary, Alberta. Teacher Refresher ½ price. Accommodations/meals extra. Becky 403-710-4294. www.soyayoga.com; info@soyayoga.com

### **JULY 2022**

#### **YAA Teacher Training and Upgrading! Ad p 22-23.**

**July 1 YAA Deadline for Equivalency, Initial Certification and Recertification applications for September approval. Email to cert@yoga.ca**

#### **July 4-9**

West Coast Retreat: Restoration, Recuperation & Foundations w/ Ty Chandler & Sharoni Fixler. A retreat with a focus on transformation through the practice of restorative asana & pranayama. Calgary Iyengar Yoga. 403-457-4070; www.calgariyengaryoga.com; deanna@calgariyengaryoga.com.

#### **July 11-16**

West Coast Retreat: Level 2,3,4 w/ Ty Chandler & Sharoni Fixler. A retreat with a focus on transformation through the practice of asana & pranayama. 403-457-4070; www.calgariyengaryoga.com; deanna@calgariyengaryoga.com

#### **July 18-23**

West Coast Retreat with Special Guest: Yoga Lab w/ Eyal Shifroni. A retreat with world-renowned teacher & author exploring the use of creativity with props in our practice. Calgary Iyengar Yoga. 403-457-4070; www.calgariyengaryoga.com; deanna@calgariyengaryoga.com.

### **AUGUST 2022**

#### **YAA Teacher Training and Upgrading! Ad p 22-23.**

#### **August 3-7 E/O YAA**

**Presence & Warmth: A Mindfulness Meditation & Gentle Yoga Retreat w/Kavindu (Mexico) Wednesday 3pm-Sunday 1pm. Location: Providence Renewal Centre or live online; updates check: www.yoga.ca/yaa-store. Anita 780-432-7152. Ad p. 27.**

### **SEPTEMBER 2022**

#### **September 2022-April 2023 E**

12th Annual 200-Hour Hatha Yoga Teacher Training w/ Melanie Checknita\*\*. Watch our website for details. Yoga Within #320, 8135-102 St. 780-450-9642. www.yogawithin.ca

#### **September 2022-April 2023 E**

Deepen Your Yoga Within w/ Melanie Checknita\*\*. Watch our website for details. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

#### **September 10-December 18 C**

RYT 200 Hour Yoga Teacher Training on Weekends w/ South Okanagan Yoga Academy. Classical yoga program Sat & Sun alternating wknds. \$3200 + gst - Early reg Jul 1 save \$300. Held at Becky Stone Yoga, Strathmore, AB. Teacher Refresher ½ price. Becky 403-710-4294. www.soyayoga.com; info@soyayoga.com

#### **September 17 E H YAA**

**Core Curriculum Class - TTP & Upgrading: Inversions; Bhastrika; Chakras & Subtle Body Anatomy w/ Teddy Hyndman\*\*. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 23.**

#### **September 26-Oct 3 E**

Yoga Vacation to Tuscany w/ Melanie Checknita\*\*. Visit our website for details. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca

### September 28/22 - April 21/23

300 Hour Professional Upgrade to RYT500 Online Yoga Teacher Training in 2 Modules w/ South Okanagan Yoga Academy. Classical yoga program. Meeting online Wed/ Fri 2-6pm ET. \$3600USD - Early reg until Aug 1 save \$200. Becky 403-710-4294, soyayoga.com; info@soyayoga.com

### September 30 - October 2 E H YAA

Exploring Yoga in Community: Asana, Meditation, Therapeutic & Restorative Practices. \$240 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; check [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store) for updates. Anita Sielecki\*\* 780-432-7152. Ad p. 5.

## OCTOBER 2022

### October 14-19 O YAA

No Mirror to Polish, a Live Streaming Retreat w/ Richard Miller\*\* (USA). Get a code for \$300 discount by registering at: <https://yoga.ca/product-category/workshops-classes/> Anita (780) 432-7152; Ad p. 2.

### October 21-23 E H YAA

TTP Spring Teaching Skills Workshop w/ Donalee Campbell\*\*. Friday 7-9pm, Saturday & Sunday 9am-4:30pm. \$225. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. YAA 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store). Ad p. 23.

## NOVEMBER 2022

November 1 YAA Deadline for Equivalency, Initial Certification and Recertification applications for September approval. Email to [cert@yoga.ca](mailto:cert@yoga.ca)

### November 1/22 - February 21/23

RYT 200 Hour Yoga Teacher Training: HYBRID Program with Online & Immersion in Costa Rica. w/ South Okanagan Yoga Academy. Classical yoga program. Meeting online Tues/Thurs 10-3pm ET, concluding with an in-person immersion in beautiful Costa Rica. \$2950 USD - Early reg until Feb 28. save \$200. Accom/meals extra. Becky 403-710-4294, [www.soyayoga.com](http://www.soyayoga.com); info@soyayoga.com

### November 17-December 4

RYT 200 Hour Immersion Yoga Teacher Training in MEXICO w/ South Okanagan Yoga Academy. Classical yoga program. \$3200 + gst - Early reg. save \$300 until Sep 1. Held at Villa Xochipilli, Melaque, MEXICO. Accom/meals extra. Teacher Refresher 1/2 price. Becky 403-710-4294, [www.soyayoga.com](http://www.soyayoga.com); info@soyayoga.com

### November 17-December 4

300 Hour Professional Upgrade to RYT500 Yoga Teacher Training: Hybrid Program with Online & Immersion in Mexico w/ South Okanagan Yoga Academy. Classical yoga program. Various module start dates. Meeting online Wed 3-8pm PT and Sun 8-1pm PT, concluding with an in person immersion in Melaque, Mexico. \$4195+gst. Early reg until Sep 1 save \$200. Accom/meals extra. Becky 403-710-4294, [www.soyayoga.com](http://www.soyayoga.com); info@soyayoga.com

### November 19 E H YAA

Core Curriculum Class - TTP & Upgrading: Pranayama & Meditation Overview; Sutras Pada 2&3 w/ David Wilson\*\*. 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. YAA 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store). Ad p. 23.

## DECEMBER 2022

### December 2-4 E H YAA

Exploring Yoga in Community: Asana, Meditation, Therapeutic & Restorative Practices. \$240 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; check [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store) for updates. Anita Sielecki\*\* 780-432-7152. Ad p. 5.

### December 3 E H 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 Groat Rd, Edmonton OR livestream via Zoom. YAA 780-427-8776 or [www.yoga.ca/yaa-store](http://www.yoga.ca/yaa-store). Ad p. 23.



# PROPS AND MORE



## Boasting about YAA Bolsters

Made in Alberta

- 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 washable 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.

- **SMALL:** \$50.00  
6" wide x 22" long; round, travel
- **MEDIUM:** \$72.00  
9" wide x 28" long; oval
- **LARGE:** \$82.00  
11" wide x 28" long; oval  
(Buy 15 or more of size large or medium and save \$4/bolster.)





# PROPS AND MORE

## Blocks

Foam and Wood, Made in Alberta

Yoga blocks are common, versatile props for yoga asana practice and are usually made from dense foam, cork, or wood. They can be used on any side or stacked to make poses more accessible (for example, if you are challenged during forward bends to effectively bring the floor closer). They can stabilize you in poses like side bends or lunges and allow you to ease more deeply into them. They can support your body to promote relaxation and release (for example, under the hips to allow the lower back and pelvis to release or between the shoulder blades to encourage the chest to open). They can be used for isometric exercises; place one or two between your knees and squeeze-release to exercise the inner and outer thigh muscles or prevent overstraining of groin muscles while practicing squats. Let your imagination and intuition be your guide!



## Sandbags

10 lb Made in Alberta

Sandbags are versatile and may be used as a weight in various poses or a support in restorative practices. Like weighted blankets, they provide pressure over a body part, stimulating the parasympathetic nervous system. Sandbags are useful for strengthening and toning the diaphragm as long as you have no abdominal, cardiac or respiratory issues and haven't just eaten a large meal. They can be used to relax the back (e.g. placed on the sacrum in *balasana* [child's pose]) or on a hip to apply gentle consistent pressure to assist with realignment. Sandbags shouldn't be used if they cause discomfort or if they might place too much weight on sensitive areas like knee and elbow joints. Check with your medical professional if you aren't sure.



**PURCHASE PROPS AT OFFICE OR ONLINE AT YOGA.CA**



# PROPS AND MORE

\* Made in AB

Prices include GST

## BLANKETS

- Indian Blankets: white, cotton ..... \$47
- \* **BLOCKS** Made in AB (Green chipped blocks no longer available from manufacturer)
  - \* Lightweight Grey or Black Blocks: 2" x 8" x 12", 20 or more @ \$11.50 ..... \$12
  - \* Black Foam Bricks: 4" x 6" x 9", 20 or more @ \$13.50 ..... \$14
  - \* Wood Blocks: 3" x 4.5" x 9". ..... \$25
- \* **BOLSTERS** Washable cover. Hand-made Alberta with core. Assorted fabrics/colours
  - \* Large Oval: 11" diameter x 28" long, members: 15 or more @\$78.00) ..... \$82
  - \* Medium Oval: 9" diameter x 28" long, members: 15 or more @\$68.00) ..... \$72
  - \* Small Round: 6" diameter x 22" long ..... \$50
- \* **BOOK** Yoga Therapy for Backs by David McAmmond & Anita Sielecki ..... \$38
- CHAKRA BANNERS** white background ..... \$32
- \* **EYEBAGS** flaxseed, unscented, with washable cover ..... \$15
- JOY-A-TOES** soothing and healing stretch for your feet and toes (S, L) ..... \$31
- MAGNESIUM** bath salt or spray; subtle energy ..... \$35
- MAGNETIC HEALING JEWELRY** necklaces, bracelets, earrings ..... \$45 / \$24
- \* **MALA BEAD NECKLACES AND EARRINGS NEW**..... \$108 / \$25

## MEDITATION

- \* Wood Bench with folding legs. .... \$39
- Back-Jack Chair: adjustable, supports back, washable cover..... \$71
- Crescent Shaped Cushions (Zafu): washable cover ..... \$73

## MATS & CARRIERS

- Tapas©: Travel, 68" or 74" ..... \$23 / \$31 / \$36
- Jade Mats: Travel, 68", 74" ..... \$59 / \$88 / \$95
- Manduka© Pro 71" or 85"; extra wide..... \$137 / \$166
- Manduka© Pro-Lite: 71" or 79" ..... \$112 / \$119
- Manduka© & Jade Hot Yoga Towels ..... \$25 / \$35
- Zensation EcoMat: recyclable, compostable, cushioned ..... \$44
- Half Moon XWide and XLong Grey ..... \$40
- \* Handmade Mat & Prop carriers: Multiple colours..... \$25

**NETI POTS** plastic and ceramic ..... \$20 / \$24

**NETI SALT** (8 or 10 oz) ..... \$5 / \$10

\* **SANDBAGS** (10 lb) assorted fabrics Hand Made AB ..... \$22

\* **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)" ..... \$8-\$13

**TONGUE CLEANERS** Copper ..... \$5

**WILSON METHOD MYOFACIAL YOGA BALLS** (4 sizes included)..... \$85

**YOGA / PEDICURE SANDALS** (toe-separators) S - XL ..... \$47

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

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