



NEWSLETTER OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

YOGA BRIDGE

CONNECTING MIND & BODY

AUTUMN 2022 VOLUME 22 ISSUE 3



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Richard Miller

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*Richard Miller is a world-renowned spiritual teacher, author, yogic scholar, researcher and
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CONTENTS

Editor's Message: YAA Yoga Bridge.....	5
Dave Downing	
Yoga Kindred Spirits.....	6
Patt Mann	
Delia's Discovery: A Journey of Self-Awareness.....	7
Debbie Spence	
My Journey of Healing and Yoga.....	8
Tracy Forsythe	
Save The Dates: YAA Events.....	11
Meditation: A Check-In With Self.....	12
Beth McCann	
Embodied Awakening.....	14
Anne Douglas	
The Glymphatic System and Yoga.....	16
Kim Fraser	
Yoga and the Importance of Understanding Trauma.....	18
Paula Fayerman	
YAA Certification and Teacher Training Program.....	20-21
The Control Rabbit Hole.....	23
Mike George	
46th AGM Reports.....	24
YAA Membership: Perks Update.....	31
Calendar of Events:.....	32-36
YAA Yoga Props and More:.....	37-39





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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.

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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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Quarter Page	2.875" x 3.625"	\$100	\$140
Half Page	6" x 3.625"	\$130	\$200
Full Page	6" x 7.5"	\$200	\$300

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Calendar of Events & Advertising Deadlines: February 15, June 1 (Events August 1) and October 15

Article Submission Deadline: Consult with editor@yoga.ca

Newsletter circulation is approximately one month after deadline but cannot be guaranteed.

EDITOR'S MESSAGE

YAA Yoga Bridge

By Dave Downing, Volunteer Editor

It's a rainy, cold day in mid-June as I write this, and the rivers are rising. The autumn newsletter seems a long way off, but reflecting on why I am not putting this off until late August, I am reminded of Joni Mitchell's song "Circle Game" and these lyrics:

*"16 springs and 16 summers gone now
Cartwheels turn to car wheels through the town
And they tell him, "Take your time, it won't be long now
Til you drag your feet to slow the circles down"*

With that sentiment, and realizing that summer is a brief green, warm and often rainy respite here in Alberta, the editorial board, who are old enough to provide the same advice to teenagers, decided not to drag our feet in getting the autumn issue together before summer is in full bloom. Thanks to all our contributors for being in sync with this view and for providing a brilliant set of articles that will take us gently and thoughtfully into the colourful days of late summer and autumn.

Our sincere thanks to those of you who answered our call for personal stories. The first two articles are inspirational accounts written by or in celebration of wise elder women who teach us two things through their narratives. *First*, you're never too old to learn yoga. Both Pat (the author of the first article) and Delia (Debbie's mother in the second article) had the courage and persistence to take up their own practice later in life as a positive response to life's challenges. *Second*, most teachers probably underestimate how far their influence could extend through time and space. Audrey Bell-Hiller (Pat's teacher) welcomed Pat to her class years ago and thus began Pat's journey of yoga. Lynnda Sharp gave online classes to Delia and

penned a three-part explanation of selected joints and glands exercises in recent issues of the *Bridge* that has undoubtedly reached many of our readers and their friends and family members. The second point is a message to, specifically, senior certified YAA teachers. Be karma yogis – pay forward what has been given to you. We welcome your original article about any asana that has not been covered to date. Contact Dave: editor@yoga.ca.

We received permission from Tracy Forsythe, a YAA senior teacher in Kelowna, to reprint a stirring chronicle of how she has faced and managed scleroderma through yoga. Later in the newsletter, both Anne Douglas and Paula Fayerman develop the general theme of body awareness through yoga as a way to deeper awareness at the physical, mental and spiritual levels. Beth McCann provides some good advice on how to develop deeper awareness at all levels through meditation. Kim Fraser provides a fascinating overview of a system I had not heard of before – the glymphatic system – and ways to ensure its proper functioning through sleep, yoga asana, and breathing. The final article by Mike George encourages us to do some self-reflection when we react to what others say or do. Judi Mirus, one of our editorial board members, had this reflection on the article: "COVID-19-time and all the consequences has set us up for this more particularly -- we aren't aware of how we think (and feel) and the impositions that COVID-19 social strictures have inserted bring an added conflict across societies and cultures".

For those of you who were unable to attend the AGM this year, Donalee Campbell, our Executive Director, has captured the highlights of the year-end reports in her AGM summary. Following the

summary is a short reflection from past president Marcia Langenberg on the value of the YAA.

Of course, anyone with an idea for an article, poem, drawing or photo that could go under our column “YAA Member Musings” is encouraged to submit. My ongoing promise is that editing will be light for these short submissions, unless there are

ethical or advertorial concerns. It's *your* newsletter ... you can do it!

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

MEMBERS' MUSINGS

Yoga Kindred Spirits

by Pat Mann

I felt alone and sad when I walked into my first yoga class fifteen years ago. My husband had died recently and I was starting a new life. My yoga class was at the Westend Seniors Activity Centre and when I walked into the room the sun was shining, a good omen for things to come, I thought! The members of the class were already on their mats. I guess I must have been late! Or maybe they were eager. Our instructor, Audrey Bell-Hiller, was very gracious and welcoming. The mat I had under my arm was unsuitable and she quickly, without any fuss or bother, provided me with one from the box in the corner, as if it was a common occurrence to provide mats to latecomers.

That morning was the beginning of an enduring friendship with a group of kindred spirits. I was invited to come for coffee after class, which was our routine after yoga practice for years.

In the 14 years since I started, these ladies who love yoga are my best friends and we have shared many adventures together. One unique class was held at the Devonian Gardens Japanese Tea House. Audrey had connections and was able to book this location just for us. Others were organized at a city park by the Yoga Association of Alberta for all

persons interested in yoga, or were special events at the Fairmont Hotels in Jasper and Whistler.

All these yoga classes were unique and great fun. For seven years Audrey invited us to a B&B in rural Alberta. Everyone that attended helped to organize and plan for food, fun and yoga. We attended two classes every day, walked (sometimes in the rain) and had excellent breakfasts, lunches and dinners. We often still reminisce about all the exercise, fun and laughter we had.

Over the years, the group has changed; some new members have joined, and we welcome them too as kindred spirits. Sometimes the ladies meet in a local park during the warm and not so warm weather. We bring our own coffee/tea and celebrate birthdays and share experiences. I am so pleased to have begun a new life with this special group of women who found yoga and friendship together.

Pat Mann is a long-time yoga student along with others in classes led by Audrey Bell-Hiller.

MEMBERS' MUSINGS

Delia's Discovery: A Journey of Self-Awareness

by Debbie Spence

Just before Christmas 2020, at the height of COVID-19, and the start of a long, dark winter, the lockdowns in health care facilities and travel restrictions were firmly in place and affecting everyone. Delia, my 95-year-old mother, was feeling very isolated, alone in her one-bedroom apartment. Because she lives in West Vancouver and I live in Edmonton, I was unsure how I could help her, other than phoning her every day. Then I had a brainstorm idea.

Lynnda Sharp, who has much experience teaching yoga to seniors, had just purchased her own Zoom® license through the YAA and was already teaching yoga online. I asked her if she would be willing to teach a yoga class to my mother on Zoom once a week. She agreed and so the next step was getting Mum connected to Zoom.

For a 95-year-old, my mother is phenomenal when it comes to being tech savvy— she has her own computer, an iPad, a Netflix account, an iPhone and an Apple watch! It didn't take long to set her up; once we got the sound right and encouraged her to move a few feet away from the camera so we could see more than her forehead, it was smooth sailing!

Since then, every week for over 16 months, she clicks on the Zoom link and enjoys a half-hour yoga class – 1,200 km away from her teacher! She brags to her friends, also in their eighties and nineties, about how much she has learned and benefitted from the practice of yoga. When her friends hear about the classes, they are keen on starting a class too. However, when Mum tells them that computers



Delia Hughes with two great grandchildren

and Zoom software are involved, their eyes glaze over and they say, “No, I'm not interested in computers and definitely not Zoom.”

Mum does despair about their resistance. However, her best friend Rita, who is a “techie” herself, did join a Zoom yoga class and has been a regular student for over 16 months. For Mum and her friend Rita, having something to look forward to each week, feeling connected with the outside world and having someone take an interest in them and their well-

being, has been crucial in maintaining their mental health, especially during COVID-19.

On her 95th birthday I sent her a yoga strap and a copy of the *Joints and Glands* book. I am amazed at how totally inspired, enthusiastic and grateful she is about the practice of yoga. Recently, she went for her annual medical checkup with her doctor. Afterwards she called me to say, “Dr. Thompson is VERY pleased with me, and she says my blood pressure has never been so good. And everything else is good too! I'm SURE it's the yoga.”

My Dad practiced yoga intensely in the '60s and '70s, and at that time Mum wanted nothing to do with yoga. Sixty years later, she is hooked. It's true, it seems, that when the student is ready, the teacher appears!

Debbie Spence is a YAA-certified teacher and YAA's past Executive Director who now oversees some aspects of finances and the [Yoga Bridge](#) newsletter for the YAA. She can be reached at debbie@yoga.ca. Delia Hughes can be reached at deliahughes369@gmail.com.

My Journey of Healing & Yoga

by Tracy Forsythe

I am Tracy Forsythe, a yoga enthusiast and teacher at Kelowna Yoga House. For those who do not know me, I am a mom of three, a grandma to four little ones, a wife, daughter, sister, friend, a lifelong student of yoga, and a person living with Scleroderma.

I was diagnosed with Scleroderma, a chronic and progressive serious auto-immune disease over 25 years ago when I was only 30 years old. At the time of diagnosis, I had been working as a Court Reporter. At that time, I believed the unusual and painful symptoms I was experiencing were due to stress from a demanding career and home life with three small children. I was balancing being home five days a week, attempting to be supermom, volunteering at my children's schools, being a homemaker, but also two days of the week, having to be mentally and intellectually 100 percent on my game as a Court Reporter in the Court of Queen's Bench in Edmonton, working on serious and high-profile judicial proceedings. Life was full and chaotic, and my perfectionist personality was striving to be 100 percent at it all.

At first, I started to experience odd symptoms. After a dental visit, my jaw ached with extreme pain, headaches, TMJ. I chalked it up to the dental work and stress, received a dental splint, and I started seeing chiropractors and a physiotherapist. My neck pain became so bad, that at work when I was back in the office transcribing my court cases, I would wear a neck brace. My feet began to swell so that my shoes did not fit, my knees ached, and I was so very, very tired – but aren't all mothers tired, I thought to myself? My co-workers all seemed to be able to manage parenting and working, so why was this so hard for me? My days off between working were now my recovery days. The long hours sitting in court, writing the proceedings verbatim on my stenograph machine

and then transcribing those proceedings back at the office, meant a lot of keyboarding and computer work, and this took a big toll on my body. I was barely able to make it through a court assignment. I finally went to see my family doctor and she tested me for carpal tunnel, which came back negative, and that was all she could think of. Unfortunately, a diagnosis would take almost two more years.

I decided to take some time off work to lessen my stress. I thought naively that my mystery illness would vanish because I was now home, fully present with no other obligations other than taking care of my family. Unfortunately, my symptoms worsened. At this time, I had switched doctors, then around Easter of 1996 my hands became swollen twice their size, so I thought, okay, this is a visual symptom, something the doctor will actually see, I will get this checked out. I was fortunate that my new doctor was very caring and smart, and she ordered bloodwork immediately. My bloodwork showed that SED inflammation markers in my body were off the charts. This prompted a referral to a rheumatologist who did many more tests. The rheumatologist confirmed that I did in fact have Systemic Scleroderma; in his words, "this is potentially extremely serious." At first, I was relieved that I was not going crazy, I had something with a name, but then the reality of it all set in, and as I educated myself about the illness I became very, very scared. I was scared that my kids would lose their mother, and I was scared that I was going to be in this excruciating pain the rest of my life. I did not know how I could possibly cope with this much pain forever.

However, around the time that I first experienced symptoms, I started to take yoga to manage my stress. It was serendipitous that pain and discomfort led me to a holistic practice that would literally change my entire life. I was

extremely fortunate that my first teacher and only teacher for the next 10 years was truly the most enlightened woman I have ever come across in my life. Maya Margo Balog had gone through serious illnesses herself, and so when she asked me how I was feeling after class one night, I told her that I felt like a 90-year-old woman trapped in a 30-year-old body. She urged me to seek medical advice. But the blessing that Margo gave me was her unselfish sharing of her knowledge of the 8 limbs of yoga, her truth in living that yoga, but most importantly the HOPE that her living example gave me on my journey to healing and wellness. I truly believe that I would not be on this Earth had I not discovered yoga and incorporated a holistic lifestyle.

The next six years of the illness were extremely difficult. My hands were barely usable: I could not zip up a zipper; could barely open a car door or do up my seatbelt. Chewing and swallowing was difficult. My entire body was inflamed. My doctor sent me to a Rehabilitation Hospital as a day patient to learn how to live with this broken body. I had to nap every day whenever and wherever I could, and I would still feel exhausted. Walking the dog or planting spring flowers felt like climbing Mount Everest to me. I was not able to clean my house or do all the tasks I was used to doing without a second thought. I relied on my husband, parents, and relatives a lot. However, I had three little kids who needed their mom, and this forced me to get up every morning with them. Without this, I may have never gotten out of bed again.

The first several years living with Scleroderma were a very dark period for me. Deep depression and solitude set in. I cried out to God: I give up, I cannot do this alone. I need You. I have nothing left in me to fight. This was a pivotal moment in my life. I have always been a spiritual person, even religious, but I had never faced a hardship like this before. In yoga we call this surrender, Ishvara Pranidhana, surrender to God, to the Divine. Once I handed over my struggles to a higher power, I experienced a definite energetic shift in the way I viewed things. All the while, I was being guided by my bright light Margo. She never felt sorry for me, she always offered me information if I asked but did not preach for a single moment. She was, however, a tangible example of the power that yoga has to transform and heal. She helped me in a quiet

and very wise way. Energetically and spiritually to be around her was healing in itself. She embodied *Ahimsa* (non-harming) and encouraged self-reflection or *Svadhya*.

Yoga had me hooked from the very first class, because it truly was the only thing that gave me relief from the pain of inflammation, muscle soreness, severe fatigue and joint pain. I learned to practice gently, emphasizing diaphragmatic breathing, gentle stretching exercises with joints and glands, perfect for my extremely stiff and sore Scleroderma body. In a class, we might only practice three classical asanas, but this format was perfect for me at that time.

Scleroderma translates to "hard skin" meaning your healthy connective tissues are replaced by an abundance of collagen or scar tissue, and for me this happened in my skin, muscles, connective tissue, and digestive tract. Others are not so lucky, as it affects those areas as well as their heart, lungs and kidneys.

This gentle practice of yoga calmed my nervous system – absolutely imperative with autoimmune illness. Things started settling down. I changed my diet, investigated alternative treatments, and I went off the hardcore drug therapy that did not seem to help me anyways. Slowly but surely, my life improved, and the previous four "good" days a month transferred over the years into only three to four "bad" days a month.

My love for yoga and the relief it gave me spurred me on to study yoga further, and this led to a mentorship with Maya Margo Balog into the Yoga Association of Alberta's Teacher Training Program. I was very frightened that my disability would be too big a barrier, but it proved to be the very thing that spurred me on. I became officially certified as a yoga teacher in the YAA in January 2001. I continued to teach in St. Albert, AB, my hometown, a couple days a week and soon had an extremely dedicated group of students whom I taught until my departure to Kelowna in 2007.

Two years before I left for Kelowna, I began taking Iyengar Yoga classes with two wonderful teachers in Edmonton and Spruce Grove. Margo had studied Iyengar Yoga for several years before she dedicated her practice to the Himalayan Tradition of Yoga & Meditation. Her teaching of asana, however, was influenced from these years

of Iyengar. I was feeling physically stronger and wanted to explore the Asana side of yoga in more detail and depth and challenge myself more. My continued interest in Iyengar Yoga led me to the Kelowna Yoga House, which brought me to meet Deborah Lomond (KYH's senior teacher at the time). When Deborah found out I was a certified teacher, she suggested I take Iyengar Teacher Training. The thought of this thrilled and terrified me at the same time. I still employed many modifications in the asanas. My neck was very arthritic and stiff, my shoulders and wrists ached, and I still experienced some fatigue and muscle soreness. However, after every single Iyengar Yoga class, I always felt a surge of energy. I definitely would be sore the next day, but it was manageable. Deborah's encouragement and compassion gave me the courage to stoke the *Tapas* (fire) in my practice. I was amazed how the intelligent, strong and safe method of Iyengar Yoga shattered all my self-limiting beliefs. I decided to jump in and go for it and am I ever glad I did. I began teacher training in 2009 and received my first Iyengar teacher certification in 2012, and a second higher level of certification in 2016.

Since 2016, my life has been a roller coaster ride. My Dad passed away from cancer, my younger brother is coping with the very same cancer, my daughter was hit by a car, my husband was diagnosed with epilepsy, two of my children married and my first two grandchildren were born, with two more born in 2021. So needless to say, it's been a whirlwind of highs and lows these last few years. And presently we are all still living in a worldwide pandemic and all the worry and anxiety which that global unrest brings to us all.

However, yoga is still there for me. My practice has changed. It's become quieter, gentler, more reflective. My body is in transition, dealing with scoliosis I've had since my teen years, and menopause meshing with chronic illness and flareups is a new experience for me again. I am re-learning every day the power that yoga has on the quality of my life and state of mind. What a wonderful gift this art and science is to humanity.

As for me, do I still have symptoms? Do I still have flareups? Do I still have Scleroderma? Yes, I do. I am not cured of Scleroderma but I am continuously healing from it. I may have

a diagnosis of Scleroderma but I am NOT Scleroderma. Thanks to yoga and the many beautiful and kind teachers and mentors I've crossed paths with along with my desire to live well, I can give much gratitude for the transformative and healing limbs of yoga and how it has enriched my life. Having taught yoga now for the last twenty years, I am most grateful for all my students along the way who have taught me much more than I could ever teach them. I am grateful for every person I am privileged enough to share my experience of yoga with.

Tracy embarked on her yogic journey in 1996 and has experienced many of its healing benefits. She began teaching in 1998, and is now a YAA Certified Senior teacher. Since 2005 she has studied Iyengar yoga and is now a certified Level 2 Iyengar teacher.



SAVE THE DATES: YAA EVENTS

Know Your Yoga Body. Ad p. 6.

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. 15.

FREE for YAA members. Twice Monthly online classes w/ YAA Senior Teachers**. Meet Alberta's best teachers. Sep 7, 21 w/ Valananda Joyce**; Oct 5, 19 w/ Anne Douglas**; Nov 2, 16 w/ Julie Jeong**; Dec 1, 15 w/ Karen Hamdon**.

Professional Development Series. Ad p. 27.

Sept 15 w/ Valery Petrich: **Becoming a Yoga Professional.** 8-9:30pm. Free for all YAA members. Practical Business Tools for yoga teachers. Learn how to grow your yoga business! Live Zoom webinars with recordings available.

YAA-TTP Classes in 2022. Ad p. 20-21.

Sep 17, Nov 19, Dec 3. 2023: Jan 14, Feb 11, Apr 22, May 6 & June 3. Mentor with highly qualified YAA Certified Senior teachers**. Learn at your own pace, tailor to your schedule and "pay as you go". Start anytime!

Exploring Yoga in Community Ad p. 29.

Sept 30-Oct 2, Dec 2-4. 2023: Jan 27-29. A gathering of friends organized by Anita Sielecki**. A peaceful and supportive retreat with asana, pranayama and restorative yoga. Connect with YOUR Alberta Yoga Community.

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". The 2021 Online workshop event was exceptional. Early bird deadline September 15. www.yoga.ca/yaa-store for updates.

Teaching Skills Workshops. Ad p. 21.

Oct 21-23 w/ Donalee Campbell; 2023: Mar 10-12 w/ Karen Hamdon**; Oct 20-22 TBA.** Students & teachers welcome. Learn the art of teaching yoga or refine your teaching skills.

Trauma Informed Training. Ad p. 19.

Nov 25-26 w/ Paula Fayerman. Follow-up to Trauma Informed Training webinar June 29 (recording available at yoga.ca). Online only. Five hours of training.

Mindfulness Made Simple Ad p. 22.

Jan 21/23. Meditation w/ Kat Boehm.** Students & teachers welcome. Explore the stages of mindful awareness. Reclaim living in your body, safe and present.

Art of Living and Dying Ad p. 15.

Feb 25-26 /23. w/ Anne Douglas.** Learn to live your life in an awakened manner.

ALL EVENTS ARE SUBJECT TO CHANGE IN FORMAT OR CANCELLATION DUE TO COVID-19.

REGISTER: www.yoga.ca/yaa-store/

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

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

Meditation: A Check-in With Self

by Beth McCann

In this article, I will share with you my personal perspective in meditation – why I practice it, how, when and where I practice, and what approaches I use. I hope this will be of help to you in your practice.

After decades of experience, my approach to meditation boils down to *awareness*, summarized in a simple phrase that comes to mind during meditation practice:

“Notice what is happening, while it is happening, whatever it is. Be here now.”

This is the essence of my practice; awareness allows me to watch, sense and feel the subtle aspects of who I am in this moment.

Before I begin, I need to be clear on why I want to practice and why I want to check in with myself at all levels. If I don’t have a goal, how will I know the route to take? Before starting, I ask a few questions of myself — how am I experiencing my physical, mental and spiritual body right now? What cues am I getting that give me this experience and am I able to pause and listen to the whisperings of my subtle body, my energy body?

Many years ago when I started meditating, I followed the advice of my teachers and I give the same advice to my students today. Set a goal of checking in with yourself through meditation for five minutes a day working toward a longer period of perhaps 20 minutes. Then and now, I advocate the “beginner’s mind” approach where I do my best to remain open and curious about the process without having expectations of an outcome or judging myself. The beginner’s mind gives me a better chance of being pulled into the present ... *be here now*.

There are some practical aspects to meditation, particularly in the beginning stages. The advice to sit comfortably is a huge ask of us when we

start out, even if we are already flexible. Often, beginning meditators are pulled away from the meditative state of mind because of physical discomfort. A comfortable seated pose for you might be cross-legged in one of the seated asanas, or if that’s not possible, on a chair. Give yourself permission to adjust for comfort anytime you need to. I learned this lesson early on; I give myself permission to reposition or even to lie down because forcing doesn’t work. Just giving myself permission to move or lie down is often enough and I don’t literally have to do either. Respect for my body’s messages is important.

An almost universal experience of meditators is the bubbling up of thoughts that shift their focus away from their practice. When I notice this happening, I invoke my touchstone phrase:

“I notice what is happening – be awake and aware of what is happening. While it is happening – be here now. Whatever it is – in a non-judgmental space, accepting myself unconditionally.”

I also find body scanning to be helpful in remaining present at the start of my meditation practice and for remaining in a meditative state while integrating asana work and breath work.

I start at the crown of my head, slowly moving down the body pausing at the energy centres (chakras) at the third eye centre (between the eyebrows), the throat centre (pit of the throat), the heart centre (underneath the breastbone), the solar plexus centre (at the navel), the lower abdomen centre (between the hipbones) and the root chakra (base of the spine). At each chakra, I sense and feel what’s there, like colours, tensions, emotions, texture, a sense of space, thoughts. This experience often changes from one day to the next. If I can’t sense anything right away at a chakra, I place my attention there and pause. I have faith that intention

and awareness through practice, practice, practice will help me stay in the moment.

After a body scan, I often focus on my breath noticing its qualities. The breath can be a bridge between the physical body and mental body. I don’t attempt to change it; I just observe when and how it does change, another way to practice “beginner’s mind”.

Meditation is a journey of self-discovery. Meditation helps me to sense, observe and integrate my experiences in the physical and energy bodies, an important part of remembering wholeness, a check-in with self.

If the seven-chakra full body scan I described above sounds a little alien to you, I share below a practice called the “Golden Orb” meditation that you might enjoy.

Beth McCann, a YAA Senior Certified Teacher (1995), sits on the YAA-TTP/Certification Committee and has taught in the program since 1992. She is a Psoma Yoga Instructor, Hakomi Practitioner and author of Restorative Yoga (self-published 2003) and Awakening Sleeping Beauty (2021). She is past president of the YAA and presented Outreach programs in AB (‘90s).

GOLDEN ORB MEDITATION

With your eyes closed, scan your body starting at the crown chakra (crown of head). Imagine a golden orb, about the size of a small orange floating above the crown chakra. Know that you have placed your attention above the crown. Know, see, sense or feel that there is a golden orb there. With each inhalation the Golden Orb expands to include the crown chakra and with each exhalation the Golden Orb stays the same. Slowly expand the golden orb as if you could breathe into it to include the third eye chakra between your eyebrows, the throat chakra at the pit of your throat. Pause, and scan the three upper chakras for any images, sensations, ideas without judgment, not even judgment as to whether you’re doing it “right” (you are!). Does the rest of your body feel different, perhaps more aligned? Be very aware - insights can come, a new awareness, solutions to challenges you have forgotten about. Then expand the golden globe downward through breath awareness to include the heart chakra, solar plexus chakra (navel centre), lower abdomen chakra and finally the root chakra at the base of the spine. Be curious about the physical body, mental body, and emotional body as you connect to your energy (subtle) body. With all seven chakras in the golden orb make any adjustments to sit comfortably. Expand your awareness of the golden orb to include the physical body.

How do you do this? The same way you helped the golden orb to expand — become a witness to your breath, the bridge between the body and mind. Be aware of your inhalation, be aware of your exhalation. See or feel yourself sitting comfortably in the Golden Orb watching your breath. Silently say to yourself: “I can relax now”. three times slowly and notice if anything happens. Sit for a few more minutes mindful of what is happening. Before you return do a slow body scan starting at the crown noticing if the crown feels the same or different as compared to what you experienced at the beginning of the meditation and moving through the rest of the chakras down to the root. Notice what is happening while it is happening whatever it is.

When you feel that you are ready to come out of your meditation, take three long slow breaths and then ask yourself if you would like to meditate longer. By doing this last check in and honouring that feeling, you might sense your body thanking you for taking the extra time.

Embodied Awakening

by Anne Douglas

The path of yoga is a path of meditation. It can be said that its ultimate goal is to end suffering by stilling the mind in order to realize our divine nature that is eternally at peace, regardless of circumstance. Some schools of yoga offer a dualistic pathway to self-realization that is world transcending, to know yourself as awakened consciousness that is separate from the body and thereby unaffected by life's tumult. Other schools offer a non-dual pathway that is world embracing and recognizes everything and everyone as expressions of the divine and thereby celebrate all of life as holy. Regardless of a dual or non-dual path, the gift of all paths of yoga is the reference to the body as a vehicle for self-realization.

In the non-dual path of Kashmir Shaivism, our body, with all its sense perceptions, is used as a most excellent pointer to the enlightenment that is said to be already and always present, without any need for cultivation. The practice, then, is not to change anything, but to come to the direct perception of this truth.

We can begin by experiencing the aliveness and wakefulness that is in every cell and atom of our body. In any given moment there is a symphony of activity being orchestrated by an unseen intelligence that dances the more than 7 octillion (that's a 7 with 27 zeros!) atoms in your body towards harmonized functioning.

This animating force is the same intelligence that creates, maintains and dissolves universes, guides the turning of the seasons, drives the rhythms of oceanic tides and turns day into night.

Your body is already awake. Even when it is asleep it is awake, performing essential tasks such as muscle repair, detoxification, and filing experiences and information as memories. But underneath or within all of that activity is a silent,

still, awake consciousness that, unlike the body, is beyond time, space and causation.

When we attune to our body's natural intelligence and awakens, we open ourselves to the consciousness that pervades everything and that has been here all along. Enlightenment is not something that we are waiting for in some future moment of profundity, but is ever present and available now. It's just that most of us aren't oriented to this experience.

As humans, we experience the world from a view of separation and duality. We see other people and things as separate from us. This dualistic view is hardwired into the human experience by way of our binary brain and five senses that cause us to perceive separation. In the embodied practices of Kashmir non-dualism, we are expanding the limited view of ourselves and the world. We are reorienting to the fullness of who we are that includes but isn't limited to our body. One of the primary resources for this reorientation is self-inquiry, a somatic or felt inquiry.

There are some forms of meditative inquiry that are intellectual, but the use of the mind with embodied inquiry can be counterproductive, because of its default perception of separation. With embodied inquiry we bypass the mind by inquiring into the felt sense of our direct experience. For example, when our eyes are open, we perceive the clear boundary of our skin as the outer edge of self and anything beyond that as other. However, if we close our eyes and simply feel our body, what at first feels very solid with a clear sense of periphery, gradually begins to feel more and more spacious, expansive and without border. The localized body feeling can gradually give way to the felt experience of open spaciousness. Continued inquiry in this way can awaken the direct experience of being unbounded awareness.

Additional somatic self-inquiry practices can include unique forms of meditative movement (yoga) and breath work (pranayama) in which we continue to sensitize to ever subtler layers or *koshas* (sheaths) of self-experiencing. As we attune and harmonize with our most essential self, we develop discernment between the impulses that arise directly from source and the impulses that are rooted in conditioned thinking. Gradually, the naturalness, spontaneity and freedom of our true nature shines through unobscured.

The body speaks the truth. It cannot tell a lie. When we move in tune with our body wisdom, we move with the intelligence of the Universe. This inner intelligence can be likened to music that moves the body in a divine dance, and as its dance partner, we can choose to join and move with it as one. Similarly, with the Kashmir Tantric Yoga practice of Tandava, also known as The Dance of Bliss, we are invited to join with the natural inner currents of breath and the subtle source energy known as spanda or the divine impulse or tremor. The tantric text entitled the *Spandakarika*, informs us that this divine pulsation is the stuff of all creation and that we can sense it within as a shimmering effervescence of blissful aliveness.

As we meet, feel and embody the awakening that is already present, we become like quantum scientists exploring the atomic dimensions of our bodies to discover that what at first appears as matter, is actually mostly space. And we ARE that space! Through sincere embodied inquiry, we can come to the first-hand recognition of being unbounded, infinitely spacious, consciousness that pervades all.

In the dance of embodied awakening, we move about our days as if a separate someone, all the while knowing that life is a dance of ONE. We don't wait for a future moment of enlightenment; we simply stand in the awakens that is already and always present.

Anne Douglas, YAA Senior Teacher, has been teaching non-dual Yoga and Meditation for over 30 years and leads trainings, workshops, retreats and private sessions. She is the founder of Anahata Yoga Therapy, practicing in the beautiful mountain town of Banff, Alberta.



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The Glymphatic System and Yoga

by Kim Fraser

The glymphatic system (the glial cells and lymphatic system) is a recently discovered (around the early 2000s) microscopic waste clearance system in the brain. I will offer a simplified explanation and if you are interested in a deep dive on the science, the references I have included at the bottom of this article are a starting point. If not, this article summarizes why this might be of interest to yogis and yoga teachers.

Fluid pathways of the glymphatic system help distribute non-waste compounds (glucose and other nutrients, lipids, amino acids, and neurotransmitters) as well as rid cells of waste products. This exchange occurs between the tiny neural cells that help maintain brain homeostasis (equilibrium within the tissues) and the fluid around the brain and spinal column (CSF) with the interstitial fluid (fluid between any of our bodily cells) to clear interstitial waste from functional brain tissue. Scientifically, this exchange occurs at the cellular level involving astroglial cells and cerebral spinal fluid (CSF) with interstitial fluid to clear interstitial waste from the brain parenchyma (functional tissue). The waste is ultimately moved into perivenous pathways (surrounding the veins) and ultimately cleared through cervical lymphatic vessels (those that run through the neck area). Interestingly, the glymphatic system is largely disengaged during wakefulness and functions mainly during sleep.

WHY DO WE CARE?

Waste clearance in the brain may be of particular importance for neurodegenerative diseases including Alzheimer's disease (characterized by the accumulation of proteins, including amyloid plaques and tau tangles), Parkinson's disease and amyotrophic lateral sclerosis (a progressive nervous system disease that affects nerve cells causing loss of muscle control). Although most studies were

done on rodents (where most science begins), there is promise for the glymphatic and the functioning of lymphatics on humans.

We know that although mobility is necessary to move lymph throughout the body by way of the lymphatic system, movement isn't what supports the glymphatic system. To restore our glymph the body needs sleep and rest in order to turn on the glymphatic system so the brain can clear itself of neurotoxic waste products produced during wakefulness. Studies show a relationship between aging and neurodegenerative disorders, including many of the autoimmune diseases, and the glymphatic system. The age-related decline in glymphatic activity is significant because the highest risk factor identified for neurodegenerative diseases is aging.

Glymph transport seems most efficient when we sleep in the supine and lateral positions, increasing by 40-60 percent during sleep. This could be one of the main reasons why sleep is so restorative—it is ridding the body of neurotoxic waste products accumulated when we are awake. The space between the cells increases by about 60 percent during sleep because brain cells shrink. The increased space aids in the cleansing process because fluids are pushed through the interstitial spaces by the circulatory system—the pulsation of arteries. After the exchange occurs at the cellular level, waste products mix with cerebrospinal fluid and are carried to the liver which further aids in ridding the body of toxins. This process occurs during the deepest part of our sleep cycle, when our sleep waves are at their slowest. Quality of sleep seems to matter more than quantity.

Whether or not sleeping on the right or the left side makes a difference is equivocal. That is, it doesn't seem to matter. The take home message is when we are in bed, we are at rest and our body is most often in a horizontal position. The flow of

glymphatic fluid improves when the head is on the same plane as the body, regardless of your chosen position. Being horizontal promotes the movement of cerebrospinal fluid (CSF), interstitial fluids, including glymph, to the brain where it is able to clear itself of neurotoxic waste, rather than moving against gravity when we are sitting or standing.

Whereas some studies report that glymphatic flow is reduced by as much as 90 percent when awake, we can also give it a boost with exercise. The increased activity in both the cardiovascular and respiratory systems promotes the movement of blood, lymph, and other bodily fluids, including glymph.

HOW DOES YOGA HELP?

We know that yoga can enhance the lymphatic drainage from the brain through flexion (forward-folding) and extension (back-bending)—two of the most common directions of spinal movement. This type of movement also promotes cerebrospinal fluid drainage from the brain.

The body rests and sleeps better after appropriate movement throughout the day so a regular yoga practice enhances our sleep and rest in general. Pranayama—preferably a deep breathing practice or alternate nostril breathing—is most helpful. Breathing helps rid the body of congestion, promotes the exchange of blood gases to purify the blood and its components, and is in general, nourishing to brain health.

Meditation, a part of most yoga practices, also promotes a healthy glymphatic system, either on their own or as part of *savasana*. Although you don't always need a class to support your breathwork or meditation, it is easier to include these glymph promoting practices if they are part of something we are already doing yoga! If a yoga class or session isn't possible, it will help to take ten minutes of quiet time to close your eyes, sit, or lay in *savasana*. To support a short practice, add a meaningful mantra, use a meditation app, or a meditation of your choice. The key message is to give yourself a rest-promoting practice throughout the day. Natural ways to improve the glymphatic system can easily be incorporated into our life: sleep, movement, meditation, and breathing, all of which are supported with a regular yoga practice.

In a nutshell, these practices support a healthy glymphatic system:

- A restful sleep at night
- Short rest during the day
- Pranayama: deep inhalation supports a better functioning glymphatic system
- Move the spine through flexion and extension daily
- Regular exercise like yoga

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Kim Fraser, a yogi for 14 years, is a 500 hour YAA Certified teacher. She is a nursing professor (>80 scholarly articles) with a research program focused on home care, family caregiving and health policy. Her book, The Accidental Caregiver: Wisdom and guidance for the unexpected challenges of family caregiving will be released in September/22.

**Leanne McKinnon,
Registered Herbalist
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Yoga and the Importance of Understanding Trauma

by Paula Fayerman

We are called to yoga for many reasons. Many of us turn to yoga for healing, and sometimes we are not even sure what requests our healing. Even though specific details are outside our conscious awareness, we have a sense that yoga offers something deep and profound.

Saskia Rynsburger, tall, lithe, with red hair and a warm smile, was my beautiful yoga teacher in the 1990s. She would sing to us in her lovely, mezzo-soprano voice as we lay on our mats in *savasana*:

*The river is flowing, Flowing and growing,
The river is flowing, Back to the sea.*

*Mother Earth carry me, A child I will always be,
Mother Earth carry me, Back to the sea.*¹

Caught unaware, I would weep, hiding my tears from Saskia and the others in the class. I ran out of the class immediately after *savasana*. I had no idea why I was crying. Was it her gentle kindness that reached me? I now recognize the hurt and scared part of myself longing for the lullaby of safety and warmth.

We bring our history, everything about ourselves and our life, to a full yoga practice that includes asana, pranayama and meditation. All of our hurts, our shames, times when we were ignored, unseen and unheard accompany us when we practice. Our childhood may have been difficult, with what we call “Adverse Childhood Experiences” (ACEs), times when our young selves were left unsupported and when we felt uncared for. The attachment bonds we form with our primary caregiver can determine our relationship to ourselves and the world throughout our life.

These developmental traumas imprint on our nervous system and affect our musculoskeletal-fascial and endocrine systems. These traumas can impact our posture and the way we think about ourselves and the world.

All of us experience difficult life circumstances either as children, adolescents or adults. So many types of overwhelm could potentially be traumatizing, including rejection, motor vehicle accidents, assault, and even yogic and spiritual experiences. But trauma is not so much about the specifics of what happened to us, but more about the impact it has on us. Traumatic experiences or shock can be described as: “too much, too fast, too soon.” Our system is unable to integrate the experience and we may be left with behaviours and neuromuscular defensive holding patterns that impact our posture, our ability to move or do asana, and that contribute to pain and our ability to regulate emotions. Thoughts and mood also reflect the traumas experienced. In yogic theory all the *koshas* are affected. And in this way trauma has much to teach us, that there is no separation between the *koshas*, between body, mind, and breath.

Yoga works with body posture, breath, attention and concentration. Memory, feelings and emotions can arise. These can be confusing and disorienting. If we are not taught that this is a normal part of practice, we can become overwhelmed and unable to cope. Yoga teachers might not recognize in themselves or in their students the symptoms and emotions arising from past experiences that reflect current difficulties within a yoga practice.

The defense mechanisms come in so quickly to keep us safe. We know these typically as fight/flight/freeze. But do we recognize these reactions in ourselves, and if we are teachers, in our students?

Fight can show up as anger, blaming or condemning others; flight makes us run away, leave a class, shut down; freeze can be paralyzing, and we may dissociate. Another defense is “fawning behaviour,” pleasing others to create safety for ourselves.

A basic understanding of trauma aids us in our yoga practice and facilitates our growth and self-understanding. We can learn about our defense mechanisms and how body postures arise to keep us protected, how adverse childhood experiences and attachment may impact us and how difficult and overwhelming experiences of adulthood may be influencing our behaviour, emotions and thoughts.

Yoga practice allows us to bring awareness to what may be unconsciously motivating us and contributing to our reactivity. When we automatically respond defensively, we limit our freedom and ease in life. I tend to think about the traumas we carry like scars, requesting healing. Like the *samskaras* in yoga philosophy, traumas leave an imprint or residue in our system. Yoga is a system of healing, revealing the *samskaras*, allowing us to integrate them so they no longer unconsciously motivate us.

Fortunately, we are learning more about the science and neurobiology of trauma and also ways of addressing and healing it. We know that the “talk-therapy” approach in psychotherapy has limitations with respect to healing trauma in the body. Body centered psychotherapeutic approaches like Somatic Experiencing, Sensorimotor Psychotherapy and

Deep Brain Reorienting take body centered cues for healing and resonate in many ways with yoga asana and meditation practice. Yoga unites body and mind, offering us a different way to work, developing awareness of body sensations, thoughts, beliefs and emotions and facilitating integration. “Trauma-sensitive yoga” (TCTSY) and “trauma-informed yoga” trainings are now readily accessible on line and through workshops for yoga teachers.² Many books that use yoga to treat trauma are also available.³

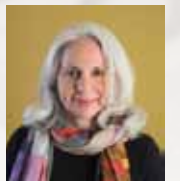
I think our traumas can teach us much about yoga practice. The intersections between trauma theory and philosophies in Yoga and Buddhism are worthy of further discussion. Informing myself about trauma has been crucial for my healing and my yoga practice. Years ago, I was overwhelmed, crying and confused hearing Saskia’s beautiful voice in song. Now I smile at that memory and take care of myself, knowing that young part of myself, overwhelmed and crying, escaping the class, was longing to be seen and heard. The song touches me, the longing of river meeting sea, and still brings me to my knees. Now not in sadness and overwhelm, but in its poignancy and power to hold me in beauty. *(continued on page 22)*



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Paula Fayerman is a Family Doctor. She certified as a Yoga Teacher in 2000 (500-hour training through the Yoga Centre of Calgary), is a Yoga Therapist through the International Association of Yoga Therapists (C-IAYT) and has applied for YAA Senior Teacher Status. Reach her at paularf@shaw.ca.

Footnotes:

1. Many versions of this song are available online. This version by Gila Antara is the tune I remember from my yoga classes. <https://www.youtube.com/watch?v=yE12JThdPpo> However, I remember Saskia singing the lyrics: "Mother carry me, in your arms I'll always be." This was a line that panged my heart.

2. Trauma-sensitive yoga refers specifically to a program known as Trauma Center Trauma-Sensitive Yoga (TCTSY). This technique is a "clinical intervention for complex trauma or chronic, treatment-resistant post-traumatic stress disorder (PTSD)." The TCTSY website has much information on this topic, including information about trainings and resources: <https://www.traumasensitivelyoga.com/> Trauma-informed yoga starts from the understanding most people have experienced some level of trauma or significant life stress. This approach fosters a sense of safety, support, and inclusivity for all yoga students. This website gives a good summary: <https://psychcentral.com/health/what-is-trauma-informed-yoga> There are many training programs and certifications in trauma-informed yoga. One is: <https://howwecanheal.com/y4t/>

3. Books of interest are: *Overcoming Trauma through Yoga: Reclaiming your Body* by David Emerson and Elizabeth Hopper PhD and *The iRest Program for Healing PTSD* by Richard C. Miller PhD. For those interested in mindfulness & meditation there is *Trauma-Sensitive Mindfulness* by David A. Treleaven.



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ARTICLE

The Control Rabbit Hole

by Mike George

Most people are now familiar with the idea that you cannot control another human being. All you can control is your response. But why do we keep making this mistake and thereby make our self suffer? And suffer we do, as anytime we become emotionally upset with another human being, either directly or indirectly, it means we believe they are responsible for our upsettedness/suffering.

So let's head down the rabbit hole of this particular habit and perhaps understand what's going on.

It all seems to start when we are knee high to a grasshopper, as they say. At a very young age we are taught that other people and circumstances are responsible for our feelings of happiness. When we learn this we therefore learn that they are responsible for our sorrows, fears and angers. That one belief then starts to define our life as a frequent victim. It quickly goes into our subconscious and operates its illusion from there. Our thoughts, emotions and attitudes are tell-tale signs as we project responsibility onto others.

As soon as our thoughts are containers for words such as they should, they must, they have to, it means we have allowed the belief that other people should "dance to my tune" to rule our consciousness. The appearance of such words or judgments trigger emotions such as irritation, frustration and anxiety. Ask any parent, ask any manager, and they will likely tell of many moments when such emotions have dominated their consciousness. Followed closely by the projection of responsibility onto 'them'.

The consumer and entertainment industries reinforce this belief many times every day. Otherwise known as brainwashing. All marketing invariably attempts to induce a mild form of hypnosis. It's their job to trigger our feelings of insecurity and feed us the belief that our security

and happiness is dependent on buying and consuming what they offer. So while we believe we may be free we are in fact trapped in this belief system called: other people should do and be and give me what I want.

You can only laugh when this full realization occurs within your consciousness. However, if you've spent the best part of your life making your self upset at others you may want to cry first!

The deepest aspect of this belief system is the idea that only the world out there can bring us the inner happiness and contentment that we seek.

We seek it because we believe it will alleviate our suffering. What we do not realize is that the very act of seeking, which really means wanting, is how we disturb our self and thereby sustain our suffering.

The paradox, which is eventually realized, is that we already are containers of peace and happiness. It is our underlying nature to be at peace, be content and be caring (loving) of the other.

But it's only when we express such attributes that we feel them and know them and thereby in such moments know our self.

Which is a neat way of saying our urge to control what others do and be, is really our self searching in the wrong place for our true nature, which is always here. Could it be that simple?

*Question: Who do you project your suffering at the most?
 Reflection: There are many possible responses to the same event or person, what is stopping you from choosing a considered response instead of emotionally reacting?*

Action: Practice being the master of the attitudes that you emit this week.

For the last 30 years Mike has been guiding and facilitating the personal development of leaders in companies and communities in over 30 countries. You can visit Mike's website www.relax7.com or contact him at mike@relax7.com. Copyright: Mike George 2022

AGM Reports

by Donalee Campbell and Dave Downing

Executive Director Donalee Campbell presented a report on the YAA's activities during 2021. She first thanked and introduced the current board members:

- President – Karen Hamdon
- Past-President – Anita Sielecki
- Vice-President – vacant
- Treasurer – Erin Michie
- Secretary – David Maulsby
- MAL Red Deer – Paula Carnegie Fehr
- MAL – Calgary – Nancy Hong
- MAL – Calgary – Peter Skirving
- MAL – Lethbridge – Rachel Foster
- MAL – Lethbridge – Val Kunimoto

Prior to presenting the report, *Donalee* shared a personal story behind her vision of the YAA as a family, surrounded by a big pink bubble of grace, which rotates around the spokes of the 8 limbs and is fortified by the *yamas* and *niyamas*. As a caring, inclusive, and diverse community we support each other, learn from each other, and co-create our world through the power of our positive intentions and selfless actions.

The last Strategic Plan outlined 4 areas for us to focus on, each of which were reported on:

STRATEGIC DIRECTION 1: MAINTAIN AND FURTHER OUTREACH PROGRAMS: MAXIMIZE OPPORTUNITIES FOR MARGINALIZED ALBERTANS TO EXPERIENCE YOGA AND EXPAND MEMBERS' REACH INTO COMMUNITIES

COVID-19 dealt a huge blow to all in-person programming. Funding was scarce, programs were scarce, and people were scarce. We have, however, found ways to offer support to Albertans through these very difficult times:

- During 2021, because of COVID-19, most of the programming we provided was free.

- Free online classes specifically for mothers feeling isolation from pandemic conditions.
- Free online classes w/ YAA Senior Teachers each week -> twice/month for all members.
- Organized a new series of Free Professional Development webinars for all YAA Members.
- Free workshop for all members included in our annual AGM via Zoom.
- Subsidized photo shoot for teachers to help in their marketing efforts.
- Resumed in-person outreach at Edmonton Remand Centre, Candora Society, and various Seniors' Centres.
- Free classes for City of Edmonton virtual employee wellness fair.
- Provided subsidies to those needing financial assistance towards attendance, membership, or application fees.
- Free 1st year Associate Memberships were made available to anyone in Alberta.
- Most of our teachers offered Karma yoga - free classes, subsidized or sliding scale prices to those in need.

STRATEGIC DIRECTION 2: PROMOTE THE YAA: MARKETING AND COMMUNICATION

Much more involvement with social media: Facebook, Instagram & Twitter. If you're on social media, it would really help us out if you would interact with what we're posting, regularly. Like, comment, share, join the Facebook group and ask a question or start a conversation. Post your own events and classes in the Facebook group. Send us interesting articles to share. Tag us on Instagram. If you don't see us in your newsfeed regularly, search us up.

Lots of work has been done on the website. This website is now about 10 years old, so it now needs a whole redesign, but it's important that we present a professional look to the public, so it's worth investing in.

We now have a professional Marketing Consultant to help us in these efforts. Susan May of Intrinsic Design has started working with us and will be facilitating a Strategic Planning Session with the Board in May. It will take some time to get all the elements in place, but we look forward to a more professional look and feel to all our communications.

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

We are very lucky to have Debbie continuing part-time doing the finances and the layout of the newsletter, and she is extremely efficient and skilled in these areas. As part of her duties as Executive Director, Donalee will continue to oversee the Certification and Teacher Training program, but will shift much of the administration of the program to Krista Power, our new Administrative Assistant. Nancy Hong will also be helping us out with more grant writing, so we're happy to have her skills & experience in that area.

Our Operating Grant from Alberta Culture and Status of Women, Sport, Physical Activity and Recreation Branch (SPAR) was continued this year. They worked very hard to move money around to ensure that we did not get our funding cut through the COVID-19 crisis – as was previously planned, and we are very grateful for their continued support. We also applied for a Community Investment Operating Grant again this year, from the City of Edmonton. These operating grants are very helpful to keep us up and running, keep our membership costs low and still provide support for members, including all that great free programming. Project grants typically have very specific requirements and typically do not include any funding for the planning, administration, organization, technology, bookkeeping and reporting aspects that are always involved with each project, so operating grants are really needed.

We did apply for a CIP Project Grant this year (Community Initiative Program – also from Alberta Culture and Status of Women) to help us with our efforts in both marketing and online program delivery. If successful, it would match our own funds to help redesign the website and purchase

technology needed to improve the broadcast quality of our Zoom and hybrid classes and workshops.

STRATEGIC DIRECTION 4: MAINTAIN AND FURTHER TEACHER TRAINING AND CERTIFICATION PROGRAMS

Thanked and introduced the TTP & Certification Committee: Anita Sielecki, Beth McCann, Karen Hamdon, Mary LeBlanc, Teddy Hyndman, Neil Haggard, Tammy Richard, and Rachel Foster.

Teacher Training Program

Core curriculum has been painstakingly reviewed, revised and re-organized. Committee members from very different lineages came together to ensure the curriculum focussed on the most important basics common to most styles and lineages of Hatha Yoga and ensure that high standards of quality were maintained.

COVID-19 dealt a huge blow to our TTP programming. The Core Curriculum Classes and Teaching Skills Workshops were still being offered online via Zoom and we've been able to keep the classes running through all this. In-person classes are scheduled to begin again in May, with the Zoom option still available, and this hybrid set-up will be continued for the long-term. We're very happy for this silver lining that allows us to open our TTP programming to other parts of the province, something we've wanted to do for a long time.

There is an opportunity here – for all YAA Senior Teachers – in all areas of the province – to mentor students through the YAA-TTP. There are a lot of online teacher trainings out there right now at extremely competitive prices, but the YAA's program is different in many ways and quite unique. The Core Curriculum Classes are all in-person or live-streamed and interactive, rather than impersonal pre-recorded material. This allows for the kind of private personal conversations, interactions and relationships that ignite this transformative process that happens when we immerse ourselves in the teachings of yoga. Most of the rest of the TTP training hours can be done with YAA Senior Teachers as mentors, anywhere in Alberta. Mentors set their own schedule and pricing for classes, workshops, and practicum hours and through this long-term mentorship, really

engage students at deeper levels. New teachers are required to keep up attendance for Recertification, and so they are encouraged to continue with their mentor beyond their initial training, and even through all their Advanced Training Levels. You may have students in your classes right now who have been thinking about teacher training but aren't aware that you can mentor them through their training. Let them know!

New 100-Hour Yoga Immersion Program

There are lots of students out there who want to immerse themselves in the teachings but are not inclined to teach. The Immersion programming is the same programming as the TTP Core Curriculum, minus the teaching skills, practicum, homework, etc. Extra workshops are also required and regular classes with YAA Senior or Intermediate Teachers are still recommended. If you have students who might be interested in deepening their practice, please let them know.

Certification Program

Thanks to so many of you who answered the teacher survey. We got lots of good feedback.

The YAA now has a total of:

230 Certified Teachers
 8 at the 200-Hour Level
 62 at the 300-Hour Level,
 43 at the 500-Hour Level,
 25 Intermediate Teachers, and
 92 Senior Teachers.
 78 Teachers now have Permanent Certification (at a variety of levels).
Stats for 2021 Calendar Year:
 72 Total Certification Approvals
 17 Initial Certifications (5 YAA-TTP Graduates + 12 Equivalency Certs – var levels)
 28 Recertifications
 17 Permanent Certifications
 8 Advanced Training Level Upgrades (4 Senior, 1 Intermediate, 3 x 500-Hour)

YAA-TTP Students Graduated

500 Hour Level

Steven Bell (Edmonton)
 Kim Fraser (Sherwood Park)

Equivalency Certifications

200 Hour Level

Michelle Anderson (Sherwood Park)
 Jamie Babcock (High Prairie)
 Natalya Brettle (Sherwood Park)
 Cathy Knorr (Sherwood Park)
 Rena L'Abbe (Beaver County)
 Michelle Mayne (Fort Saskatchewan)

300 Hour Level

Diana Darinka Turin (Edmonton)
 Sandra Neis (Edmonton)

500-Hour Level Certifications

Ashley Blackwood (Edmonton)
 Jennifer Bustin (Edmonton)
 Frances Gagnon (St. Albert)
 Caroline Haverkort (Edmonton)
 Janette Hook (Edmonton)
 Alery Lavitt (Winnipeg)
 Sharon McCaffrey (Edson)
 Helen Morgan (Red Deer County)
 Monique Rivard (St. Albert)
 Kelsey Wilson (Edmonton)

Intermediate Teacher Status Approvals

750 Hour Level

Sandy Ayre (Edmonton)
 Connie Clarke (Edmonton)

Senior Teacher Status Approvals

1,000 Hour Level

Jodi Bobenic (Calgary)
 Linda Flynn (Sidney)
 Tracy Forsythe (Kelowna)
 Colleen Gehrke (High River)
 Angelika Hoffmann (Edmonton)
 Nancy Hong (Calgary)
 Linda McLennan (Edmonton)
 Linda Vaudan (Edmonton)
 Shelley Winton (Edmonton)

Permanent Certifications

Linda Baker (Wetaskiwin) – 300 Hour Level
 Audrey Bell-Hiller (Edmonton) – Senior Status
 Jodi Bobenic (Calgary) – Senior Status
 Edie Cassady (Edmonton) – Senior Status
 Debbie Dionne (Sherwood Park) – 500 Hour Level
 Linda Dumont (Edmonton) – Senior Status
 Tracy Forsythe (Kelowna) – Senior Status
 Rachel Foster (Lethbridge) – Senior Status
 Barb Hagen (St. Albert) – Senior Status
 Neil Haggard (Edmonton) – Senior Status
 Angelika Hoffmann (Edmonton) – Senior Status
 Janette Hook (Edmonton) – 500 Hour Level
 Katherine Labonte (Canmore) – Senior Status
 Evelyn Nixey (Saskatoon) – Senior Status
 Joan Randolph (Sherwood Park) – Senior Status
 Tammy Wieliczko (Grande Prairie) – 500 Hour Level
 Shelley Winton (Edmonton) – Senior Status

*List includes Certifications since 45th AGM.

EDITOR'S REPORT

Editor Dave Downing presented a report on the YAA's newsletter activities during 2021.

Dave undertook this position as karma yoga and although he receives an honorarium for his work from the YAA, he has either donated it back to the YAA or to another charity.

Thanked and introduced the Editorial Board: Donalee Campbell, Kim Fraser, Judith Mirus, Anita Sielecki and Debbie Spence.

We have been working to make the newsletter more accessible and relatable to our readers by revising our editorial policies and encouraging personal reflections. To our contributors, thank you on behalf of all readers.

Highlights of the past year:

Fall 2021 to Spring 2022: 35 articles were printed in three issues (Fall 2021, Winter 2022, Spring 2022).

The Fall 2021 "COVID-19 issue" was the outcome of an invitation to submit short statements, artwork, poetry and so on saying how they coped. We had a heartwarming response with 13 short and three longer articles describing personal experiences with COVID-19 since the pandemic began. This was accompanied by two teacher tributes and the second of a three-part series on Learning about Asanas.

The Winter 2022 newsletter was devoted in part to a celebration of David McAmmond's life and his contribution to yoga by his students and friends (seven articles) two short articles including a book review, a poem and reports of the 45th AGM held on April 10, 2021, via Zoom.

The Spring 2022 newsletter included: one short article under the new banner YAA Member Musings; the conclusion of the three-part Learning about Asanas series on joints and glands movements; an article on family caregiving; an interview with a wise older yoga teacher; and messages from our outgoing Executive Director Debbie Spence and our incoming Executive Director Donalee Campbell.

We revised our guidance to contributors with assistance from Lois Hammond and replaced the previous website information, to make it an easier and less daunting experience to submit an article.

Going forward, we will continue to encourage our members to write, photograph or draw something to share their accounts of anything

related to their personal experiences with yoga. We also encourage certified senior and permanent teachers to submit an original article related to asana teaching. Since 2010, only seven asanas and six related articles have been contributed, three by one author (thanks Lynnda -that's karma yoga!). As a yoga newsletter it stands to reason that we ought to have an asana article in each edition. You have an opportunity to get your name out there and to get across your teaching style. Asanas that have been covered so far are: *Ardha Matsyendrasana II*; *Viparita Karani*; *Uttanasana*; *Savasana*; *Ardha Chandrasana*; *Paschimottanasana*, and *Sarvangasana*.

46th AGM Newly Elected 2022 Board Members:

President – David Maulsby
 Vice-President – Karen Hamdon
 Past-President – Anita Sielecki
 Secretary - Steven Bell
 Treasurer - Erin Michie
 MAL – Red Deer – Paula Carnegie Fehr
 MAL – Lethbridge – Rachel Foster
 MAL – Calgary – Peter Skirving



Professional Development Series

BECOMING A YOGA PROFESSIONAL

Join Val Petrich in this free webinar providing practical business tools for yoga teachers.

- Find a niche
- Find employment
- Basic branding & marketing
- Understand basic business principles and planning

Thursday, September 15th 8-9:30 p.m.

Livestream via Zoom **FREE** for all YAA Members

Recording available with Full Membership

Sign up at yoga.ca

46TH AGM REFLECTIONS AND TRIBUTE TO YAA

As I observed Karen Hamdon, acting president, skillfully run the AGM, as I listened to Debbie Spence's financial report, Donalee Campbell's Executive Director's and Teacher Training and Upgrading reports, and Dave Downing's *Yoga Bridge* newsletter report, and as I heard the input from the members, I was captivated by the solidness, steadfastness, and resilience of the YAA. After Alberta's sudden plunge into a deep recession in 2019 and after two years of navigating through the pandemic, with competent management and tough decision-making, it is still solvent. After the very sad, unexpected passing of its president, David McAmmond, the YAA's Board, committee members and staff continued to carry out its mandate and work. Their determination, enthusiasm, and desire to maintain the work that has been done and to further develop the YAA was palpable.

By the end of the meeting, I felt uplifted knowing that the YAA is in the good hands of those who know its importance, who take

being responsible to its members seriously and who deeply care about its members. Rosemary Jeanes Antze, an international senior teacher and trainer recognized by the Krishnamacharya Yoga Mandiram, Chennai, India, who over 16 years taught 24 workshops for the YAA, has always recognized and appreciated its value. When she received an honorary, life-time membership from the YAA, she was visibly moved. Belonging to the YAA seemingly matters to her, as it does to other national and international teachers who have taught and teach YAA workshops, to its certified teachers and to its members.

Thank you to those who continue the meaningful work of the YAA, and who continue to foster a supportive community not only for its members, but for all yoga students in Alberta and beyond.

Marcia Langenberg, YAA Permanent Certified Senior Teacher, Past-President, and student of Rosemary Jeanes Antze

FATHER JOE PEREIRA SILENCE OF THE SPIRIT YOGA RETREAT

"Our bodies are a miniature universe affecting all around us. When we infuse peace at the cellular consciousness, it radiates outward. Iyengar yoga is ideal as a practice to create conditions of peace and wellness both for ourselves and those we love."
Fr. Joe

Sunday, October 2nd 1:30 PM - 4:30 PM
Parkdale Community Hall, Calgary, AB.
\$99 + gst
register online
www.yogastudiocalgary.com
403 239 3344



On June 21st, 2022 we celebrated the International Day of Yoga, National Indigenous Peoples Day, the summer solstice, and the chance for us to gather back together again! Like the indigenous peoples, the ancient yogis also honoured the sun, and all the gifts of life it brings. So we celebrated all who had the wisdom to honour and respect the Great Spirit of Life – the Spirit that moves through us all and brought us together in community on this very auspicious day – to sing together, to do yoga together, and to create sacred space, on this sacred land. And the sun smiled on us that day! Thanks to all who came out to share the day!

Exploring Yoga in Community
AN ONGOING RETREAT SERIES

A restorative weekend of asana, pranayama, meditation & loving-kindness aimed at learning, inspiring our practice, and helping transform our lives.

Sep. 30-Oct 2, 2022
Dec 2-4, 2022
Jan 27-29, 2023
Fridays 6:30pm to
Sundays 1pm

Join us at the Providence Renewal Centre and/or live streamed online. \$160-\$280/weekend depending on format. In-person format will include up to 2 nights accommodation and 3 meals.

Guided by Anita Sielecki, YAA Senior Teacher
Sign Up / Details: yoga.ca



GROW RESILIENCE!

On your own time, anytime, online, Learn:

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

Sign up to transform your life for good
GrowingSpaceforHealthandWealth.com

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

YAA MEMBERSHIP PERKS

Starting in September, perks for YAA members will see some changes. Recordings for free class offerings (Senior Teacher classes & Professional Development Webinars), free teacher directory and events listings will only be available to Full or Lifetime members. Associate members will still have access to the free classes as they are live-streamed. Full membership with the YAA is a great value at only \$30/year or \$350/lifetime. Here are a few of the benefits you receive with your membership at each level:

Associate Membership (\$10/year - 1st year free for all Alberta residents):

- Electronic subscription to the *Yoga Bridge* newsletter, a valuable enrichment tool for all yoga practitioners.
- Free workshop attendance and voting privileges at our Annual General Meeting.
- High quality yoga props, mats and accessories available at excellent prices. Locally sourced where possible.
- Free live streamed online classes showcasing YAA Senior Teachers twice a month.
- Free live streamed professional development webinars for yoga teachers.
- Borrowing privileges from our extensive library of yoga books.
- Opportunity to purchase advertising space in the *Yoga Bridge* newsletter.
- Opportunity to participate in YAA workshops priced below \$80.

Full Membership (\$30/year or \$350/Lifetime) receives all of the benefits of the Associate Membership PLUS:

- Printed versions of the *Yoga Bridge* newsletter mailed to your home or business. (Ask us for complimentary copies to distribute to your community).
- Free directory listings for yoga teachers on the Find A Teacher page of our website.
- Free event listings on our website and in the *Yoga Bridge* newsletter, circulated to over 1500 yoga practitioners province-wide.
- Access recordings for free Senior Teacher Showcase Series & Professional Development Webinars.

- Free community gatherings with professional development workshops.
- Opportunity to participate in YAA workshops priced at or above \$80 including internationally renowned teachers.
- Opportunities to deepen your practice through our Immersion Program, apply for Teacher Training and Advanced Training Levels. All training levels are pay-as-you-go from qualified teachers anywhere in the world. Mentorship with YAA Senior Teachers close to home.
- Practicing teachers can apply for individualized assessment through our Equivalency Certification Program with credit for previous qualified training.
- Discounted insurance rates for teachers.
- YAA Certified Teachers get access to community job postings, outreach and committee placements, and senior teachers can act as mentors for the TTP and upgrading levels.

As a member of the YAA, you are supporting the YAA's mission to promote a high quality of life, connect communities, increase activity, mobility, and engagement, and improve the physical, mental, emotional, and spiritual health and well-being for all Albertans, regardless of circumstances, through equitable access to education and participation in the diverse styles and traditional teachings of yoga. An inclusive umbrella organization, the YAA offers yoga to the public, raises the standard for high quality teacher training and upgrading, and has an active outreach program that brings yoga to underserved and marginalized communities.

Please consider upgrading your membership and/or making a donation to the YAA to help us serve our communities better and continue adding great perks like these to your membership. All donations over \$20 are eligible for an income tax receipt. Upgrade now and your yearly membership is good until the end of 2023. You can purchase several years at once or purchase a lifetime membership and avoid the hassle of renewals for life! Call the office at 780-427-8776 or see the website at yoga.ca to pay online.

Thank you for continuing to be a part of our community!



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-19

Full 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.

SEPTEMBER 2022

START ANYTIME YAA Immersion Program, Teacher Training, Advanced Training Levels w/ YAA Senior Teachers. Pay-as-you go. Info.: see ad p. 20-21.

September Mondays C H

Gentle Yoga for 60+ w/ Yoga Therapist Anne Cox. Classes tailored to you. 9:45am Start Anytime. 403-251-YOGA <https://www.yogamcc.com/yoga-registered-classes>

September Saturdays C

Free Philosophy Study w/ Sharoni Fixler. Explore the relationship between the practice and the 'big questions' about yoga, spirituality and the human condition. Philosophy text: *The Bhagavad Gita*. 11-11:30am. Calgary Iyengar Yoga. 403.457.4070; deanna@calgaryiyengaryoga.com; www.calgaryiyengaryoga.com/workshopsnews

September 4 E

Free Yoga Day. #302, 8135-102 St. www.yogawithin.ca

September 5 E

Open House: Complimentary Classes. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

September 5 - 10 E

Weight Regulating Yoga w/Gerda Krebs** Mon-Fri 5:30-6:45pm, Sat 9:30-10:45am. \$80 (Yft members \$75). 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

September 7, 21 O YAA

Senior Teachers Showcase Series. Wednesdays w/ Valananda Joyce/Val Whitehead **. 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. Register www.yoga.ca/yaa-store. See pg. 15.**

September 8 - October 27 E

Yoga for Kids w/Neve Deol. 8 weeks. Thursdays. 6-7:00pm. \$96. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

September 9 E

200 h Teacher Training AND 200 h Deepen Your Yoga begins w/ Melanie Checknita. www.yogawithin.ca

September 9, October 14, November 4, December 2 E H

Meditation w/ Rebecca Hung. 7-8pm. www.yogawithin.ca

September 10 O

Free online taster class for Yasodhara Ashram's Peace of Mind for Professionals course. Find greater harmony and ease in your career. Register: yasodhara.org or call 1-800-661-8711. Ad p. 22.

September 10-December 18 C

RYT 200 Hour Yoga Teacher Training on Weekends w/ South Okanagan Yoga Academy. Becky 403-710-4294. www.soyayoga.com; info@soyayoga.com

September 12 C H

Mindful Movement for Anxiety & Depression w/ Stacey Madden. REGULATION - RESILIENCE - RESTORATION <https://www.yogamcc.com/yoga-registered-classes> OR 403-251-9642

September 12 C H

MBSR (Mindfulness Based Stress Reduction) w/ Dr Mark Brown. 8 week course Mondays @ 7pm. 403-251-YOGA <https://www.yogamcc.com/meditation-registered-classes>

September 12 - October 31 E

Yoga for Tots w/Tracey Chase. 9:30-10:15am. \$96. 780-416-4211; info@yogafortoday.ca www.yogafortoday.ca

September 14 - October 26

Trauma Informed Yoga w/ Jeremy Bell www.yogawithin.ca

September 15 O YAA

Professional Development Series Webinar - Becoming a Yoga Professional w/ Valery Petrich. Practical business tools for yoga tchrs. FREE for YAA Members. 8-9:30pm on Zoom. Reg.: www.yoga.ca/yaa-store. Ad p. 27.

September 15 C

Pelvic Floor Health w/ Sherry Norman @ 5:30pm. Each week will focus on a different aspect of pelvic floor health. Located in Marda Loop Calgary. www.yogamcc.com

September 16 E

Med'n & Paint w/ Rebecca Hung. www.yogawithin.ca

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. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. See pg. 21.**

September 18 E

Family Yoga w/ Hayley Markel. #302, 8135-102 St. www.yogawithin.ca 780-460-9642.

September 18 E

Healing Journey: The Gathering w/Anne Belehorec. 11-12:30pm. \$30(Yft members \$25). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

September 18-24 E O

Week-long meditation w/ Rebecca Hung. 8:45-9:15pm. #302, 8135-102 St. www.yogawithin.ca

September 21, 2022 - June 2023 E

Private Hatha Yoga Teacher Training 9-month Wednesday 8am-noon w Angie Ackerman** (YAA, YA) IN PERSON. Edmonton. www.breatheyoga.ca angie@breatheyoga.ca 604-764-9042

September 23-25 C

Exploring Practice & Our Consciousness w/ World-Renowned Teacher & Author Eyal Shifroni (from Israel), known for his creative & innovative practice style. 403-457-4070; deanna@calgaryiyengaryoga.com; www.calgaryiyengaryoga.com/workshopsnews

September 24 E H

Gentle Yoga using a chair. \$50. 1-5pm. Some in person or participate by Zoom. Linda Dumont** (F.K.) and Freya Giroux (G.K, L.D.). Contact Linda 780-975-3903.

September 24 C

Stressbuster Yoga w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 9:15-10:45 am. \$15.25. 809-1402; harmonystudio@protonmail.com.

September 24 E

Arm Balance w/ Melissa Perret. www.yogawithin.ca

September 24 C

Family Yoga w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 11 am-12 pm. \$11.25/5 & under free. 809-1402; harmonystudio@protonmail.com.

September 26-October 3 E

Yoga Vacation to Tuscany w/ Melanie Checknita**. YogaWithin #302, 8135-102 St. 780-450-9642. Details: www.yogawithin.ca

September 28/22 - April 21/23 O

300 Hour Professional Upgrade to RYT500 Online Yoga Teacher Training in 2 Modules w/ South Okanagan Yoga Academy. 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 w/ Anita Sielecki. \$280 (sliding scale). Fri 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; contact Anita 780-432-7152 for info. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 29.**

September 30 - October 2 E

Whole Body Alignment Intensive and Teacher Training w/ Jill Gaumont. Fri 6-9 pm. Sat/Sun 10am-4:30 pm. \$350 (early bird by Aug 31 \$300). Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

OCTOBER 2022

START ANYTIME YAA Immersion Program, Teacher Training, Advanced Training Levels w/ YAA Senior Teachers. Pay-as-you go. Info.: see ad p. 20-21.

October 1, 15, November 26, December 10 E

Workshops w/ Lisa Workman. www.yogawithin.ca

October 2 C

Silence of the Spirit Yoga Retreat w/ Father Joe Pereira. 1:30-4:30pm. \$99+gst. Parkdale Community Hall. Register www.yogastudiocalgary.com. 403-239-3344. Ad. p. 28.

October 2 E

3 hr Hatha Train'g w/Gerda Krebs. 12:30-3:30pm \$50. 780-416-4211. info@yogafortoday.ca; www.yogafortoday.ca

October 5 & 19 O YAA

Senior Teachers Showcase Series. Wednesdays with Anne Douglas **. 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. Register www.yoga.ca/yaa-store. Ad p. 15.

October 8, November 19, December 3 E

Realignment Yoga w/Candace Wickins www.yogawithin.ca

October 13-25.

Yoga Journey: Yasodhara Ashram's signature guided, on-site retreat in B.C. Fees vary based on accommodation. yasodhara.org or 1-800-661-8711. Ad p. 22.

October 14-19 O YAA

No Mirror to Polish, a Live Streaming Retreat w/ Richard Miller (USA). More info: Anita (780) 432-7152. Get more details and a code for \$300 registration discount at www.yoga.ca/yaa-store. Ad p. 2.**

October 15 YAA

Deadline for Winter Newsletter Articles & Advertisements. For submission guidelines see yoga.ca/newsletter.

October 15 C

Chakra Yoga & Meditation w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 9:15-10:45 am. \$15.25. 809-1402; harmonystudio@protonmail.com.

October 15 C

Family Yoga w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 11 am-12 pm. \$11.25/5 & under free. 809-1402; harmonystudio@protonmail.com.

October 15-29 E

Usui Reiki Level 1 w/ Rebecca Hung. www.yogawithin.ca

October 16 E

Healing Journey Totem Animal/Butterfly Attunement w/ Anne Belohorec. 11-12:30pm. \$30 (Yft members \$25). 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

October 17, November 7 and November 28.

Two-month Karma Yoga program at Yasodhara Ashram. Transform work into service while living in spiritual community. No fee - contributions toward your stay are welcome. yasodhara.org or call 1-800-661-8711. Ad p. 22.

October 19-23 E

200 hr Teacher Training Program Begins. 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

October 21-23 E

Reiki Level I w/Melissa Russett. Friday 6-9pm, Sat & Sun 9-3pm. Weekly Session: Oct 30, Nov 6, 13. 7-8 pm.\$650. (includes Level I & II) 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

October 21-23 E H YAA

TTP Fall Teaching Skills Workshop w/ Donalee Campbell.** Refine your voice and cuing skills in a friendly, constructive, non-judgmental atmosphere of sharing and learning, all under the supervision of an experienced YAA Senior Teacher & Mentor. Friday 7-9pm, Saturday & Sunday 9am-4:30pm. \$225. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

October 21-23 E

Restorative Yoga Teacher Training w/Jeanette Ward and Colleen Dibden. This training will focus on the possibilities for deep healing through the practice of restorative asana. Prana Yoga Studio. 780-761-2226; www.pranayogastudio.ca; yoga@pranayogastudio.ca

October 22 C

Yoga Workshop for the Back w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 1-3 pm. \$30.00. 809-1402; harmonystudio@protonmail.com

NOVEMBER 2022

November 1 YAA

Deadline for Initial Certification & Recertification applications for January approval. Email: 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. Becky 403-710-4294, www.soyayoga.com; info@soyayoga.com

November 2&16 O YAA

Senior Teachers Showcase Series. Wednesdays w/ Julie Jeong.** 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. Register www.yoga.ca/yaa-store. Ad p. 15.

November 5- 27 E

Usui Reiki Ryoho Advanced Practitioner w/ Rebecca Hung www.yogawithin.ca

November 6 E

3 hr Hatha Training w/Gerda Krebs. 12:30-3:30pm. 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

November 9 E

3 hr Yin Workshop w/Marla Ericksen. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

November 10-11 E

Yin Training w/Marla Ericksen. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

November 12-13 E

Yin Retreat w/Marla Ericksen. Yoga for Today 780-416-4211; info@yogafortoday.ca or www.yogafortoday.ca

November 17-December 4

RYT 200 Hour Immersion Yoga Teacher Training in MEXICO w/ South Okanagan Yoga Academy. Becky 403-710-4294, 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. Becky 403-710-4294, 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. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store.

November 19 C

Yoga Nidra w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 9:15-10:45 am. \$15.25. 809-1402; harmonystudio@protonmail.com.

November 19 C

Family Yoga w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 11 am-12 pm. \$11.25/5 & under free. 809-1402; harmonystudio@protonmail.com.

November 25-26 O YAA

Trauma Informed Training – Further Explorations Zoom Workshop w/ Dr. Paula Fayerman. Understand contemporary trauma theory through embodied practice & how it intersects with traditional yoga teachings. Continued from free Prof. Development webinar available at www.yoga.ca/yaa-store. \$100. Fri 7-9pm, Sat 10am-1pm. Livestream only – no recordings. Register www.yoga.ca/yaa-store. Ad p. 19.

November 25-27 E

Reiki Level II w/Melissa Russett. Friday 6-9pm, Sat & Sun 9-3pm. Weekly Sessions Dec. 3, 10, 17. 7-8pm. \$650.(incl. Level I & II) 780-416-4211; www.yogafortoday.ca

AUTUMN 2022

November 26 C.

Yoga Workshop for the Hips w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sun 1-3 pm. \$30.00. 809-1402; harmonystudio@protonmail.com.

November 27 E

Healing Journey: Cord Cutting/The Downward Spiral/ Anne Belohorec. 11-12:30pm. \$30 (Yft members \$25). Yoga for Today 780-416-4211; info@yogafortoday.ca; www.yogafortoday.ca

DECEMBER 2022

START ANYTIME YAA Immersion Program, Teacher Training, Advanced Training Levels w/ YAA Senior Teachers. Pay-as-you go. Info.: see ad p. 20-21.

December 1, 15 O YAA

Senior Teachers Showcase Series. Thursdays w/ Karen Hamdon **. 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. Register www.yoga.ca/yaa-store. Ad p. 15.

December 2-4 E H YAA

Exploring Yoga in Community: Asana, Meditation, Therapeutic & Restorative Practices w/ Anita Sielecki.** \$280 (sliding scale). Fri 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; contact Anita 780-432-7152 for info. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 29.

December 3 E H YAA

Core Curriculum Class - TTP & Upgrading: Special Concerns & Limitations; Sutras Pada 4 w/ Kat Boehm.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

December 3 C

Gitananda Yoga w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 9:15-10:45 am. \$15.25. 809-1402; harmonystudio@protonmail.com.

December 3 C

Family Yoga w/ Mantrini Mikuska at Harmony Yoga Pilates Studio, Sat 11 am-12 pm. \$11.25/5 & under free. 809-1402; harmonystudio@protonmail.com.

December 4 E

3hr Hatha Training w/Gerda Krebs. 12:30-3:30pm. \$50. 780-416-4211 www.yogafortoday.ca

JANUARY 2023

START ANYTIME YAA Immersion Program, Teacher Training, Advanced Training Levels w/ YAA Senior Teachers. Pay-as-you go. Info.: see ad p. 20-21.

January 14 E H YAA

Core Curriculum Class - TTP & Upgrading: Preparatory Poses and Modifications; Sutra 1.1 & Centering w/ Beth McCann.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

January 15-April 14

Yoga Development Course: Yasodhara Ashram's 3-month deep dive into authentic yoga. Fees vary based on accommodation. Visit yasodhara.org or 1-800-661-8711.

January 19-29

Goa, India - 2023 Ayurveda & Yin Yoga. Join Simmi in a transformative experience for body, mind and spirit. Accommodation at private Portuguese style mansion on the Arabian Sea, with our own Ayurvedic Chef, yoga pavilion and Ayurvedic spa. \$3,200 Cdn based on double occupancy, all inclusive of meals, transportation, cultural excursions and tours - Airfare is additional. simmilatulippe@gmail.com

January 21 E H YAA

Mindfulness Made Simple: An exploration into the stages of mindful awareness, the importance of self-compassion and reclaiming living the body, safely and present w/ Kat Boehm.** 9:30am-3:30pm. \$100. Room #8, 3rd Floor, 11759 Groat Rd, Edmonton OR livestream via Zoom. Recording available. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 22.

January 27-29 E H YAA

Exploring Yoga in Community: Asana, Meditation, Therapeutic & Restorative Practices w/ Anita Sielecki.** \$280 (sliding scale). Fri 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; contact Anita 780-432-7152 for info. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 29.

FEBRUARY 2023

February 11 E H YAA

Core Curriculum Class - TTP & Upgrading: Basics, Equalizing Poses; Benefits of Yoga w/ Beth McCann.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

February 25-26 O YAA

Yogic Art of Living & Dying: Practices for End of Life and Everyday Living Zoom Workshop w/ Anne Douglas.** Perspectives and practices that prepare us for this inevitability and help us to live in a more sacred, welcoming and integrated manner. \$150 livestream via Zoom. Sat & Sun 10am-1pm. Recording available. Register www.yoga.ca/yaa-store. Ad p.15.

March 4-11

Puerto Vallarta Retreat w/ Ty Chandler & Sharoni Fixler. A retreat with a focus on transformation through the practice of asana & pranayama. Calgary Iyengar Yoga. 403.457.4070; deanna@calgaryiyengaryoga.com; www.calgaryiyengaryoga.com/pvri

MARCH / APRIL / MAY 2023

March 10-12 E H YAA

TTP Spring Teaching Skills Workshop w/ Karen Hamdon.** Friday 7-9pm, Saturday & Sunday 9am-4:30pm. \$225. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

April 14-16 E H YAA

Exploring Yoga in Community: Asana, Meditation, Therapeutic & Restorative w/ Anita Sielecki.** \$280 (sliding scale). Fri 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online; Anita 780-432-7152, YAA 780-427-8776; www.yoga.ca/yaa-store. Ad p. 29.

April 22 E H YAA

Core Curriculum Class - TTP & Upgrading: Standing Basics; Origins of Yoga w/ Neil Haggard.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

May 6 E H YAA

Core Curriculum Class - TTP & Upgrading: Seated Poses; History Yoga in the West w/ Neil Haggard.** 9:30am-3:30pm. \$80. Room #8, 3rd Floor, Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards Teacher Training or Advanced Training Levels. Register YAA 780-427-8776 or www.yoga.ca/yaa-store. Ad p. 21.

June 3 E H YAA

Core Curriculum Class - TTP & Upgrading: Restorative Poses; Definitions of Yoga w/ Teacher TBA. 9:30am-3:30pm. \$80. Details See April 22 E H YAA.

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 covers: inner & outer (washable)
- 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

Meditation Bench

Made in Alberta

Finding a comfortable position is very important for meditation. Sitting in *vajrasana* (hero pose) is a common meditation posture, but it's not necessarily comfortable for everyone. A meditation bench can help. Simply come to your knees, slide the bench under your seat and relax. This allows you to sit tall with a properly aligned spine while taking pressure off of the knees. Not everyone's ankle joints have the flexibility for this position, however. Kneeling on a blanket with the tops of the feet off the blanket can be helpful, as can sliding a rolled hand towel under the ankles for some support. Sitting cross-legged with your seat on the bench and cushioning under your ankles is another way to use a meditation bench. Depending on the angle of the bench, the arms may need some support as well. If the hands slide forward and the weight of the arms is not supported, it can cause neck and upper back strain. Wrapping a blanket around you and creating a pocket to rest your hands in is one way to support the arms so the shoulders, neck and upper back can relax. Taking some time to experiment with different angles of the bench and different props can help you find the most comfortable position for your meditation practice. Our meditation benches are locally made and portable. Come and try one out.



Ommm...

PURCHASE PROPS AT OFFICE OR ONLINE AT YOGA.CA



PROPS AND MORE

* Made in AB. Prices subject to change without notice.

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 \$16

* 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 \$15 / \$10 / \$5

* 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 \$68

MATS & CARRIERS

Tapas©: Travel \$23

Jade Mats: Travel, 68", 74", (80"x28") \$59 / \$88 / \$95 / \$112

Manduka© Pro 71" or 85": extra wide \$137 / \$166

Manduka© Pro-Lite: 71" or 79" \$112 / \$119

Manduka© & Jade Hot Yoga Towels \$25

Pure Earth II Eco Mat: recyclable, compostable, cushioned \$44

Half Moon XWide and XLong Grey \$40

Yogavni Starter Mats: purple & blue \$19

* 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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The Yoga Association of Alberta
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www.yoga.ca/membership