

MAGAZINE OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

YOGA BRIDGE

CONNECTING ALBERTA THROUGH YOGA

AUTUMN 2024 VOLUME 24 ISSUE 3



AUTUMN 2024



Take time out for a restorative weekend of asana, pranayama, meditation & loving-kindness aimed at learning, inspiring our practice, and helping transform our lives. Held at the beautiful Providence Renewal Centre or join in via Zoom. \$180-\$295/weekend depending on format. In-person format will include 2 nights accommodations and 3 meals.

Sign Up At
yoga.ca



Exploring Yoga in Community

Guided by Anita Sielecki, YAA Senior Teacher
Upcoming Retreat Dates:
Oct 4-6, Nov 29-Dec 1,
Jan 31-Feb 2 2025, April 25-27 2025
Fridays 6:30pm to Sundays 1pm



"The Website is Fabulous"

yoga.ca



Check out the Fabulous New Features:

- on-demand Video Library available to all Full & Lifetime Members with recordings of our Showcase Series classes and Professional Development Webinars,
- easy access to *Yoga Bridge* magazine articles and archives,
- an expanded Teacher Directory with a map feature,
- three different self-serve Events Calendars for all types of class listings,
- access to membership expiry dates with instant renewals or upgrades,
- access to job postings and certification expiry dates for YAA Certified Teachers, and
- a YAA Community section that allows you to connect with other YAA members in many exciting new ways!!

Guided Tour available on the Home Page.
For more detailed instructions see past emails at yoga.ca/news or contact us at admin@yoga.ca. We're happy to help!

Login

LOGIN to get access to the all new Members Only features.

Use the **TEACHER DIRECTORY** to find a teacher near you!

Check out the new **EVENTS LISTINGS**, now including weekly classes.

YAA EXECUTIVE

President
David Maulsby

Past-President
Anita Sielecki

Vice-President
Erin Michie

Secretary
Steven Bell

Treasurer
Kristine Ouellette

Members-at-Large (MAL)
Anne Douglas (Banff)
Peter Skirving (Calgary)
Melanie Checknita (Edmonton)
Colleen Gehrke (High River)
Helen Morgan (Red Deer)

Executive Director
Donalee Campbell (yaa@yoga.ca)

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

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

Volunteer Editor
Dave Downing

Editorial Board
Donalee Campbell
Kim Fraser
Judith Mirus
Anita Sielecki
Debbie Spence

Layout and Design
Debbie Spence

The Y.A.A. gratefully acknowledges financial support from the Government of Alberta Ministry of Tourism & Sport



CONTENTS

2024 AGM: Report Summaries.....	5
<i>Donalee Campbell and Staff</i>	
Yoga Nidra Meets Law of Attraction.....	8
<i>Anne Douglas</i>	
Save The Date (YAA Events).....	11
Yoga Beyond the Sagittal Plane: The Art and Science of Goddess Pose	12
<i>Lisa Workman</i>	
Embracing the Joy of Kids Yoga Nurturing Young Minds and Bodies.....	15
<i>Donna Freeman</i>	
YAA Certification and Teacher Training Program.....	18-19
Yoga Ode to Jasper National Park	20
<i>Barb Ritter</i>	
In Memoriam: Life Legacy of Linda Dumont	22
<i>Connie Clarke</i>	
Calendar of Events.....	27-33
YAA Yoga Props and More	34-35





YAA DONATION PROGRAM

DID YOU KNOW?

The YAA is a registered Charity with the Canada Revenue Agency. Donors receive an official Income Tax Receipt for tax purposes.

HOW IS YOUR DONATION MONEY USED?

Donations fund YAA Yoga Outreach Programs: schools, prisons, the underprivileged, and physically, emotionally or socially challenged Albertans who do not have easy access to yoga opportunities.

Your cheque, cash or online (www.yoga.ca) contributions are greatly appreciated.

**IT'S A WIN-WIN!
THANK YOU!**

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."
— Tagore

The Yoga Association of Alberta (YAA), a registered charity founded in 1976, is Canada's longest-standing, inclusive umbrella yoga organization — a caring community of yoga practitioners, students and teachers from diverse backgrounds, styles and lineages. Together, we support equitable access to the physical, mental and social benefits of yoga throughout Alberta by offering:

- diverse, accessible programs and community connections,
- free or subsidized outreach programs for under-served communities,
- public education on the teachings of yoga and the benefits of practice,
- high professional standards with quality teacher training, certification, ongoing mentorship, and opportunities for upgrading, and
- support for local teachers in bringing safe, accessible and trauma-sensitive yoga to everyone.

EDITORIAL AND YAA DISCLAIMER POLICY: The opinions expressed are not necessarily those of the YAA or the editorial board and different views may be presented in other issues. The material in this newsletter is not intended as medical advice. Consult a medical or health professional on any health or safety issue. The YAA does not favour, promote or recommend any particular method, teacher or yoga discipline represented in this newsletter. The YAA is not responsible for information contained in articles or advertisements or for ensuring qualifications of advertisers or writers. All submitted articles should be the original work of the author. Submitted articles must not appear in print or any other publication medium prior to publication in the Yoga Bridge.

The YAA editorial board reserves the right to copy-edit and condense all articles being published. Any substantive changes will be made in consultation with the author and in view of publication deadlines. Those wishing to submit articles should consult the YAA Newsletter Submission Guidelines for Contributors at yoga.ca. All submissions, whether solicited or not, are reviewed according to these guidelines. We do not include promotional information in published articles. The YAA is in no way responsible for advertisements or calendar entries that were submitted, but not included.

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

CIRCULATION: 1,500-2,000 / issue (3 issues / year)

ADVERTISING RATES

Size	Width x Height	B/W	Colour
Eighth Page	2.875" x 1.75"	\$75	\$110
Quarter Page	2.875" x 3.625"	\$100	\$140
Half Page	6" x 3.625"	\$130	\$200
Full Page	6" x 7.5"	\$200	\$300

Please e-mail advertisements in high resolution PDF format. Additional charge for typesetting, formatting or editing ads. The YAA reserves the right to refuse ads that are not in readable format or that do not contain appropriate content. Details at yoga.ca/newsletter/

Article Submission: Please consult with editor@yoga.ca if you wish to submit an article and for deadlines.

Calendar of Events & Advertising Deadlines: March 1, August 1 and November 1

Newsletter circulation is approximately one month after each deadline: April 1, September 1 and December 1

YAA ANNUAL GENERAL MEETING

2024 AGM: Report Summaries

Full Reports reports available at <https://yoga.ca/annual-reports>

Executive Director Report by Donalee Campbell

The current Executive Board is listed on page 3 of this issue.

Membership: Numbers are climbing back up since COVID losses. We now have 1,290 members, 807 paid and 477 free. In 2023 we welcomed 406 new members. A big welcome to you all!

Annual Survey: Thanks to all who responded with your valuable feedback. Some highlights:

- Most of our members have been involved with the YAA for more than 10 years, with just as many in their 80's as in their 30's – which shows some powerful longevity and positive results from all that yoga! New people are coming in.
- 70% heard about the YAA through their teachers. This shows the pivotal role that yoga teachers have in referring new members to the YAA. Please drop by the office to pick up brochures and beautiful bookmarks to distribute to your students, colleagues and friends (thanks to Jennifer Myers (McLaren) who painted the original bookmarks).
- Almost 80% of YAA Teachers are offering free or subsidized classes, almost 60% are offering accessible group classes, and 24% participated in diversity and/or inclusion training.
- Over half of YAA Teachers are offering trauma-sensitive classes. That's a big testament to the work we did in 2022 and 2023 with the late Dr. Paula Fayerman in bringing trauma informed training to YAA teachers. The YAA will continue this work in her honour, through her memorial fund, which is still open for donations.
- Program Ratings were mostly excellent. The Teacher Showcase Series is the most attended

and has the highest rating. The *Yoga Bridge Magazine* continues to be our most well-loved communication channel. Our website and social media are showing big strides from where they were before.

New Logo & Website: Both were launched in the last year and have been getting rave reviews! We encourage all members to go in and set up your Community Profile page and introduce yourself to the online community. It's a safe space to connect with other members and have real conversations about yoga. Teachers, please claim your Directory listing, and move your pin to show students where to find you. Add in your events listings

too. We have room now to share weekly or daily class offerings, and much more! This website is a great resource with a lot of potential. We need members and teachers to start filling in their information to put it to good use.

Yoga Outreach: The YAA continues to offer regular classes for inmates at the Edmonton Remand Centre, and we're looking to move into the Youth Offenders Centre and the Women's Prison as well. We're still doing classes for the Greater Edmonton Foundation Seniors Housing, the Candora Society in Abbotsfield, and the Edmonton Newcomer's Society. We've also got a full schedule of classes planned at the Enoch Cree Nation Schools again this May. In 2023 we also did a classes for a Stollery fundraiser, the Heritage Seniors Centre, and for the 'Gutsy Walk' for Crohn's & Colitis. More funding is needed to be able to expand these programs, and that's an ongoing pursuit. We have submitted several grant applications, and we continue to apply for more. Thanks to our members for your generous donations to the YAA. We really can't do this without you!



I really enjoyed the very sincere, safe and welcoming environment that this session provided.

Yoga Nidra Meets the Laws of Attraction

by Anne Douglas

Alive in your very own heart is the code to living a fulfilling, purposeful life that is unique to you. Your heart is like a homing device or beacon that steers you ever toward fulfillment by what feels right and true. Every heartfelt “yes” or “no” is a clarion call from your most authentic self that can not only guide you in your daily choices, but according to the law of attraction, can also draw to you all that is a resonant match.

Yoga Nidra is a guided laying down meditation with multiple steps of increasing subtlety that invite the practitioner into deepening layers of self-experiencing. In a traditional Yoga Nidra practice the *sankalpa* (meaning a resolve or intention) is stated aloud or silently. It is the first step of six or more steps and consists of a one-sentence silent proclamation of something the practitioner wants to actualize in their life. It could be said that the main purpose in Yoga Nidra is to achieve the *sankalpa*, and all the remaining steps help to facilitate that purpose. These steps follow the *Pancha Kosha* or Five Layer model from yogic philosophy that include the layers of sensation (*annamaya*), breath and energy (*pranamaya*), feelings and emotions (*manomaya*), thoughts and beliefs (*vignanamaya*), and finally, the layer of bliss (*anandamaya*).

To determine your own resolve, you need simply to answer the essential question, “What brings me to this practice today?” For some it may be for stress reduction and relaxation, while for others it can be for health and well-being. There are no limits as to what one’s intention may be.

In some schools of Yoga Nidra, the *sankalpa* can be potentiated by adding a Heartfelt Desire or wish. This addition can help to deepen a resolve into something of greater impact and meaning in one’s life by asking the heartfelt question, “What is it I

deeply yearn for in my life?” or “If I could wish for anything, what might it be?” If we don’t ask this valuable question, we may never realize our heart’s true calling. The answer is unique to each person and may be like their initial resolve or it may include

a longing for deep inner peace, unconditional love or meditative insight and self-realization. Our heartfelt wish often evolves over time and can eventually empty out into a feeling of deep inner peace where there are no desires and only gratitude remains.

Each time we avail ourselves to our heart’s call, we are mining for gold by listening to and receiving the inner prompting from our heart of hearts. We pause in silence as we ask, feel into our heart of hearts, then wait as we allow the desire to blossom out of our heart’s depths. It may arise as a feeling, as a knowing, as an affirmation or as a combination of the three.

Some people can’t relate to the words heartfelt desire or wish and so we can use variations that include heartfelt mission or purpose, heart’s vision, heart song, core value or *dharma*. Each of these can act as a doorway to new possibilities and can be used interchangeably depending on the audience or theme of a practice.

These variations of the Heartfelt Desire may evoke a higher calling that invites a greater harmony with life. Correspondingly, the word



“Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.” -Rumi

dharma comes from the Sanskrit root *rta*, which means to be in total harmony with the universe.

The Heartfelt Desire is formulated at the beginning of the practice and seeded into the conscious and subconscious mind as a simple affirmation stated silently to oneself. It is then germinated, so to speak, through the deep relaxation and receptivity that is invoked by the next steps of the practice that include sensing the breath and the whole body.

Its blossoming can come when the Heartfelt Desire is invited back into awareness towards the end of the practice, as one opens to the resulting experience of deep calm and ease, and a feeling of just being. It is in this openness of being that the truth of the heart’s purpose or one’s *dharma* can shine forth unrestrained by one’s conditioning or past limitations.

As we open to the possibility of our wish, mission or purpose being actualized, and allow spontaneous images and their corresponding feelings and emotions to emerge of what this is like, we are building new neural pathways in our brain that hardwire it as our new reality. As Dr Rick Hanson, neuropsychologist and author of the New York Times best selling book *Hardwiring Happiness* wrote, “emotions are like rocket fuel for building new neural circuitry”. Further, the Law of Attraction (still in the realm of pseudoscience) suggests that we draw to ourselves that which is in resonance with our current psycho-emotional state. Yoga Nidra invokes the experience of having what we want.

Continued practice in this way can nourish our *sankalpa* to manifest in our lives. Swami Satyananda Saraswati of the Bihar School of Yoga stated in his book *Yoga Nidra*, “When *sankalpa* becomes the directing force, everything you do in life becomes successful.”

When you feel into the quiet of your own inner heart, what longing emerges to inform you for

direction in your life? The *Brihadaranyaka Upanishad* offers this sage advice:

“You are what your deep, driving desire is.
As your desire is, so is your will.
As your will is, so is your deed.
As your deed is, so is your destiny.”

The forces of destiny are ever present, beating in your very own heart, and calling you home to wholehearted living. Will you heed the call?



Anne Douglas is a Yoga Nidra teacher and trainer, a C-IAYT Yoga Therapist and YAA1000 yoga teacher. She has over 4 million listens to her meditations on the *Simple Habit* app. To learn more about Anne, visit yoga.ca/teacher-directory/. Join Anne September 28-29/2024 for her YAA online workshop “Living Your Heart’s Desire - Yoga Nidra Meets the Law of Attraction” (see page 10). To register, visit www.yoga.ca/store.

Register Now!
yoga.ca

Living Your Heart's Desire
Yoga Nidra Meets the Law of Attraction with Anne Douglas

8-Hour Online Workshop
Recording will be available
September 28 & 29
10am-12 & 1-3pm
\$150

You already possess a uniquely tailored map for living your best life. Your heart is the only compass you'll ever need to find your way.
~Anne Douglas

Vocal Coaching for Yoga Teacher Training and One on One Sessions

Renowned Vocal Coach **Allison Smith** offers workshops and one-on-one sessions to enhance your yoga teaching through vocal awareness.

The sounds you make – and the quality of those sounds – can affect the engagement of your students.

Make sure your voice – and the voices of your yoga teacher trainees – is the best they can be.

Yogaandvoice.com
allison@yogaandvoice.com

SAVE THE DATES - YAA EVENTS

Immersion and TTP Trainings. See pp. 18-19

Start Anytime. 100-Hour Immersion, 200-Hour Teacher Training, 500-, 750-, 1000-Hour Advanced Training Levels. Pay-as-you-go. Flexible format and schedule. Equivalency assessment with credit for previous certifications. Mentor w/ YAA Senior Teachers.

Know Your Yoga Body.

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

Teacher Showcase. Ad p. 7

FREE for YAA members. Twice Monthly online classes w/ YAA Certified Teachers. 2024: Sept 5 & 19, Oct 3 & 17, Nov 4 & 18, Dec 5 & 19, 2025: Jan 8 & 22. Meet your AB Teachers! Register to receive Zoom link.

Core Curriculum Classes. See p. 19

September 21, November 16, December 7. Mentor with highly qualified YAA Certified Senior teachers. Start YOUR Teacher Training Program anytime. Please note changes to program in 2025. See page 19 for details.

Living Your Heart's Desire. Ad p. 10

September 28-29 w/ Anne Douglas.** Yoga Nidra meets the Law of Attraction. 8-Hour Online Workshop with recording available. Suitable for all levels. Article page 8.

Exploring Yoga in Community. Ad p. 2

2024: October 4-6, November 29-December 1; 2025: January 31-February 2, April 25-27. A gathering of friends organized by Anita Sielecki**. A peaceful and supportive retreat with asana, pranayama, meditation and restorative yoga. Connect with YOUR Alberta Yoga Community.

At Home, Resting in Stillness. See p. 7

October 17-20 iRest Retreat w/ Richard Miller**. Exploring the Depth Teachings of Meditation.

Teaching Skills Workshop Ad p. 19

October 25-27 w/ Karen Hamdon.** Students & teachers welcome. Learn the art of teaching yoga or refine your teachings skills with YAA Senior Teachers.

Professional Development Series Ad p. 17

November 21. "Leading International Retreats" with Neil Haggard**. Learn from the experienced! Live-stream. Free for YAA members.

Professional Development Series Ad p. 17

January 15, 2025. "Embracing the Joy of Kids Yoga" with Donna Freeman**. Live-stream. Free for YAA members. See article page 15.

Mindfulness & Meditation

July 16-20, 2025 w/ Kavindu & Sielecki.** The Magic continues!! Realizing our Deeper Self Learn to live an awakened life!

ALL EVENTS ARE SUBJECT TO CANCELLATION OR A CHANGE IN FORMAT.

* Denotes YAA Senior Certified Teacher



REGISTER OR INFORMATION: WWW.YOGA.CA/YAA-STORE/

Yoga Beyond the Sagittal Plane: The Art and Science of Goddess Pose

by Lisa A. Workman M.A., B.P.E., CSEP-CEP, RKin, C-IAYT, YAA-500

In our fast-paced world, the emphasis on moving forward often overshadows the need to explore lateral movements and stabilizing through stillness. Enter the Goddess Pose, or *Utkata Konasana* (fig. 13), a powerful yoga posture that emphasizes strength, grounding, and stability. This pose, which takes the practitioner into the frontal plane, offers a profound way to break free from the habitual sagittal movements (forward and backward) and explore a wider range of motion. In this asana in action article, we'll delve into the intricacies of Goddess Pose, how to perform it through an anatomical lens, its benefits, and variations to enhance your practice.

Understanding Goddess Pose

Utkata Konasana can be broken down into its Sanskrit words and meaning.

1. *Utkata*: The word "*Utkata*" translates to "fierce," "powerful," "intense"¹, "extraordinary"². This term signifies strength and vigor, reflecting the powerful stance and the dynamic energy required to hold the posture. In the context of the pose, "*Utkata*" emphasizes the fierce determination and strength cultivated through the practice. It also highlights the unique characteristics of the pose.

2. *Kona*: "*Kona*" means "angle"³ or "corner"⁴ in Sanskrit. This refers to the angles formed by the body in the pose, particularly the wide stance of the legs and the angle created with the flexed knees, hips and elbows and the abducted shoulders and hips. The wide, angular positioning is a key characteristic of Goddess Pose, contributing to its unique benefits.

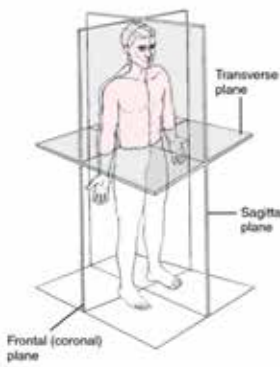
Goddess Pose is named after the powerful goddesses of Hindu mythology, Goddess Kali, often depicted in a victorious wide-leg position

embodying strength, grace, and femininity⁵. It is a standing posture that combines elements of squats and hip rotation. This pose works on multiple muscle groups simultaneously in both the upper body and lower body, including the quadriceps, hamstrings, glutes, deep hip rotators, deltoids and biceps. This posture is deceptively hard to master, particularly for those with limited hip rotation, but it provides significant benefits by supporting other movements in the sagittal and transverse planes. The pose involves a closed chain movement of the legs, grounding and stabilizing the body, while the arms perform an open chain movement, creating a dynamic and opening stretch.

Step-by-Step Guide to Goddess Pose

1. Starting Position: Mountain Pose (*Tadasana*): Begin in *Tadasana*, or Mountain Pose and allow yourself to connect to the anatomical position (it's the same position!). Stand with your feet hip-width apart, arms relaxed at your sides, and palms facing forward. Ground your feet firmly into the mat, feeling the connection to the earth beneath you. Engage your quadriceps, activating the legs, and draw your shoulders away from your ears. Take a few deep breaths to center yourself.

2. Stepping into the Frontal Plane: From Mountain Pose, step your feet wide apart, about 3 to 4 feet, keeping your toes pointing forward. Place your



hands on top of your pelvis to maintain awareness of your hip alignment. This wide stance allows for hip abduction, which is crucial for the foundation of Goddess Pose.

3. External Rotation of the Legs: Begin to externally rotate one leg at a time. Press into your heel, lift the toes with ankle dorsiflexion, and allow the movement to originate from the leg bone in the hip socket. Rotate the leg out and set the foot down at a 45-degree angle. Repeat this process on the other side. This external rotation opens up the hips and prepares the body for the wide-legged squat.

4. Flexing the Knees and Hips: With both legs externally rotated and feet firmly planted, let your knees track over the second or third toe as you flex the knees and come into hip flexion. Lower your hips into a wide-legged squat, ensuring your knees remain stacked over your ankles. This position is also known as a Sumo Squat. Maintain a neutral spine position where the pelvis is not moving forward or back in the sagittal plane.

5. Arm Position and Shoulder Abduction: Reach your hands overhead, by sweeping the arms up and pointing your fingertips to the ceiling. This action takes your arms into shoulder abduction, matching the legs' action. Bend and flex your elbows to align with your shoulders, continuing holding the shoulder abduction. Spread your fingertips wide to add additional abduction through the fingers, feeling the space between each finger. Allow the wide arm position to provide an openness of the front body and heart.

6. Holding the Pose: Stabilize and hold this wide position. Feel the strength in your legs, the grounding through your feet, and the expansion in your chest. This position contrasts the typical sagittal movements of daily life as you stand wide, offering a sense of openness and grounding.

7. Returning to Mountain Pose: Slowly straighten your knees and hips, drawing your arms back down and bringing your hands to the top of your pelvis. Internally rotate the leg bones to point the feet forward, grounding yourself as



you step your feet hip-width apart, returning to Mountain Pose. Take a moment to feel the effects of the pose on your body.

Benefits of Goddess Pose

1. Strength and Stability: Goddess Pose strengthens the quadriceps, hamstrings, glutes, and hip rotators. It also enhances stability and balance, promoting overall lower body strength.

2. Hip Mobility: This pose increases hip mobility by encouraging external rotation and abduction. It counteracts the tightness caused by prolonged sitting and repetitive forward movements.

3. Alignment Through the Axial Skeleton: Maintaining a neutral spine in anatomical position, the pelvis is sitting on the leg bones for proper alignment and balance, making this pose a comprehensive challenge for both body and mind.

4. Grounding and Centering: The wide stance and grounding through the feet help cultivate a sense of stability and connection to the earth. This grounding effect can be calming and centering.

5. Openness and Expansion: By taking the arms into shoulder abduction and spreading the fingertips, Goddess Pose promotes openness and expansion in the chest and shoulders, enhancing breath capacity and heart opening.

Variations and Modifications

1. Kinesthetic awareness with hands on lateral thighs: Place your hands on the outsides of your thighs and gently press the legs back into the hands, increasing kinesthetic awareness of the external hip rotation. The hands act like the floor, an external stimulus, similar when doing hip external rotation in *Supta Buddha Konasana* (Supine Butterfly). For practitioners, having this awareness will allow for the wide legged stance to be maintained during the practice.

2. Hands on Pelvis: For beginners or those needing extra support, keeping the hands on the pelvis can provide stability, a focus on the lower body and help maintain proper alignment.

3. Chest Opener: To deepen the stretch, horizontally extend arms back behind the torso for a chest opener. This variation can enhance flexibility in the shoulders and chest.

4. Backbend: For a more advanced variation, incorporate a slight backbend by lifting the chest, extending the spine and retracting the shoulder blades. Ensure that the tailbone tracks down towards the floor and the pelvis remains stable.

5. Wall Support: Practicing Goddess Pose against a wall can offer additional support and help with balance, especially for beginners.

6. Dynamic Movement: Add dynamic movement by transitioning in and out of Goddess Pose with your breath. Inhale to rise, extend the knees and hips, and exhale to lower into the squat. This variation can build endurance and enhance coordination.

Common Mistakes and Tips

1. Knee Alignment: Ensure that your knees track over the second or third toe to avoid strain on the knee joints. Avoid letting the knees collapse inward.

2. Spine Alignment: Maintain a neutral spine and avoid arching the lower back. Consider placing one hand on the lower abdomen and the other in the low back to check your position.

3. Foot Placement: Keep your feet firmly grounded and avoid letting the arches collapse. Press into the heels and toes to maintain proper alignment.

4. Breath Awareness: Focus on your breath throughout the pose. Deep, mindful breathing can enhance the benefits and help you stay present.

Goddess Pose is a powerful posture that embodies strength, stability, and grace. By moving through the frontal plane, it offers a refreshing change from the forward and backward movements of daily life. Incorporating Goddess Pose into your yoga practice can enhance hip mobility. Whether you are a beginner or an experienced practitioner, this pose has something to offer. Embrace the grounding, expansive energy of Goddess Pose and let it guide you towards greater strength and stability in your practice and daily life.

¹ <https://www.yogapedia.com/definition/7247/utkata-konasana>

² https://dsal.uchicago.edu/cgi-bin/app/macdonell_query.py?q=Utkata+&matchtype=default

³ https://dsal.uchicago.edu/cgi-bin/app/macdonell_query.py?q=Utkata+&matchtype=default

⁴ <https://www.wisdomlib.org/definition/kona>

⁵ <https://www.siddhiyoga.com/yoga/poses/utkata-konasana-goddess-pose>

⁶ Adeel, M., Lin, B.-S., Chaudhary, M. A., Chen, H.-C., & Peng, C.-W. (2024a, January 17). Effects of strengthening exercises on human kinetic chains based on a systematic review. MDPI. <https://www.mdpi.com/2411-5142/9/1/22#B1-jfmk-09-00022>

Definition of Terms: 1. Open chain movement: a combination of successively arranged joints in which the distal (most distant) segment can move freely. 2. Closed chain movement: a movement in which the distal (most distant) segment meets considerable external resistance that restrains its free motion such as when the segment is in contact with the floor or wall.

Lisa Workman M.A., B.P.E. holds 500 hr certification with the YAA. She is a professional kinesiologist and certified clinical exercise physiologist. Email: info@lisaworkman.com. Website: www.lisaworkman.com. View listing at yoga.ca/teacher-directory/

MEDITATION MINUTE Debbie Spence



I love treasure hunts. I am also a very good copy-cat - spiritually speaking of course!!

I make it a game to find the strengths and qualities in others, and then I keep a subtle copy of those for myself.

"She has so much determination and power."

"He is so compassionate and caring."

"Love and forgiveness flows easily from her."

"Generosity and kindness emanates from him."

When I entertain my mind with the task of finding positivity and truth in others, I focus less on the weaknesses of others. And as a bonus, I copy the positive to my own character. Instead of being good at judging and criticizing, I become adept at empowering other souls and myself with my respectful and appreciative vision. It's a win-win way of living in this world. I see the positive and copy!

PROFESSIONAL DEVELOPMENT

Embracing the Joy of Kids Yoga: Nurturing Young Minds and Bodies

by Donna Freeman

Imagine infectious laughter, curious minds, and uninhibited joy in a yoga class. These delightful qualities of kids yoga are part of what makes teaching children so rewarding. There also are significant challenges when teaching children yoga and mindfulness. Diligent effort and cultivating specific teaching skills are necessary to understand and guide their energy and enthusiasm to achieve the desired results.

Yoga has long been a source of rejuvenation, inner peace, and self-exploration for adults. However, yoga's benefits extend far beyond grown-ups, expanding to all ages. From infants to teens, kids yoga has a tremendous potential for positively influencing both body and mind. Though the benefits and practices may be similar, the approach to teaching adults differs vastly from that of teaching children.

Welcome to the vibrant world of kids yoga—an incredible blend of movement, mindfulness, storytelling, and imagination that nurtures minds and bodies. Kids yoga embraces and celebrates child-like wonder and youthful enthusiasm.

For adult yoga instructors curious about sharing yoga with children, the journey into kids yoga offers an incredible opportunity to foster creativity, playfulness, and connection for yourself and the next generation of yogis. Some key qualities and expertise have proven especially valuable over nearly three decades of teaching children, from babies to teens.

Celebrate the Joyful Noise

At the heart of kids yoga is a celebration of energy and expression. Here, yoga is so much more than movement, stillness, poses, or breathwork. It transforms into a journey of discovery of the world and the self. Engaging children through



games, songs, literature, and interactive activities, helps them to connect with their bodies, fosters creativity, and teaches emotional regulation.

Kids yoga classes will not be quiet and are not meant to be. Celebrate the happy sounds of children playing, exploring, and learning. Roaring like a lion, barking like a dog, asking questions, singing songs, and laughing

together are common. A key element to successful kids yoga classes is knowing how to harness and direct this joyful energy.

Takeaway: Embrace the natural energy and noise of a group of children, learn to work with it, and gently lead them toward quieter, calmer practices.

Mastering Classroom Management

Transitioning from adult yoga classes to kids classes requires a special skill set, primarily learning to manage a lively group that likes to hijack your class plan. Effective kids yoga teachers learn quickly how to weave structure with flexibility. Lesson plans that contain a predictable framework and routine provide a foundation of trust and security.

Techniques such as clear expectations, visual cues, and anticipated transitions, taught by an engaging and energetic teacher foster confidence in children to explore the world and develop new skills. Balancing this structure with spontaneity, curiosity, and a generous dose of playfulness encourages inquisitive young minds and maintains engagement. As a teacher learning how to balance fun with serious is a challenging and beautiful way to apply *shtira* and *sukha*.

Takeaway: Both structure and flexibility are essential in kids yoga classes. Have fun and be spontaneous while maintaining organization and predictability.

Tailoring Yoga for Young Minds

Adapting yoga for children means more than simplifying asana and adapting pranayama to be age-appropriate. A solid knowledge of developmental growth and stages helps tremendously when planning and executing kids yoga classes. Understanding and working with the science behind play increases success. Encouraging self-expression, sharing, and questions combined with a creative exploration of numerous yogic practices helps children cultivate emotional resilience and self-awareness. Truly it is a whole-child practice.

In addition, knowing what resonates with and interests children of different ages is key. From animal and nature themes to trending movies, music, and video games, kids yoga teachers pull ideas from a wide variety of child-friendly themes and inspirations. Specific themed lesson plans are essential to fostering interest and engagement in children. It's about crafting classes that resonate with children's imaginations and curiosities and meeting them where they are physically, emotionally, and mentally.

Takeaway: Lesson plans need to be based upon an understanding of the ages and stages of development combined with children's interests.

Nurturing Lifelong Benefits

Beyond the mat and the fun had in class, kids yoga teaches lifelong skills that extend into daily life. As mindfulness, movement, breath work, and body awareness are fostered from a young age, children develop tools for managing stress, improving focus and concentration, and cultivating self-esteem and understanding. Yoga helps children learn to be in the present moment while gaining a peaceful state of mind, which improves their emotional regulation and awareness.

Through yoga, kids realize they are strong and then take that strength, confidence, acceptance, and compassion into the world. The activities taught in yoga classes are often shared at home, at school, and during extracurricular activities. The benefits ripple outward to family and friends in authentic and incredible ways. It is amazing to see so many lives impacted as children are empowered with the



skills and confidence to navigate life's challenges with resilience and grace.

Takeaway: Kids yoga teaches lifelong skills that promote health and wellness far beyond the kids yoga class.

Embrace the Journey

Whether you are new to teaching kids yoga or want to broaden your expertise, the journey begins with a willingness to embrace the unique joys and challenges of working with young minds and bodies. The world of kids yoga invites us to rediscover the joy of movement, the wonder of imagination, and the boundless potential of young minds.

Sharing your passion for yoga with the next generation is incredibly fulfilling. It is uniquely rewarding to know that you are planting the seeds for a lifelong love of an ancient, helpful, health-filled practice that fosters well-being through life's myriad challenges. Yes, there are hurdles, frustrations, and days you wonder if you are making any kind of a difference. And then, after class, the kids crowd around wanting to hug you, or someone calls down the hall "Yeah, it's yoga day!" when they see you coming and the challenges are forgotten as you bask in the moment of knowing you are impacting young lives on a foundational level.

Takeaway: By embracing the unique joys of kids yoga the challenges are minimized and the rewards become more fulfilling.

The world of kids yoga invites us to rediscover our love of play. As adults, we have the privilege and responsibility to guide children on this journey, fostering not only physical fitness but also emotional resilience and lifelong well-being. Join me in embracing the joy of kids yoga—a journey where each pose is a step towards nurturing a brighter, more mindful future for our children.

By Donna Freeman, YAA 750, E-RYT 500, RCYT, founder Yoga In My School, author *Once Upon a Pose: A Guide to Yoga Adventure Stories for Children*, cell: 780-903-6544, email: hom.yogachick@gmail.com <https://yoga.ca/places/donna-freeman/>

Professional Development Series
Embracing the Joy of Kids Yoga
with Donna Freeman
Wednesday, January 15th
8-9:30pm
Livestream via Zoom
FREE for all YAA Members
Recording available with Full Membership

- Embracing the Joyful Noise
- Mastering Classroom Management
- Tailoring Yoga for Young Minds
- Nurturing Lifelong Benefits

This webinar will equip you with practical strategies and a deeper understanding of how to inspire and connect with young yogis. Discover the joy of fostering a love for yoga in children and nurturing their holistic development.

yoga.ca

Professional Development Series
Leading International Retreats
with Neil Haggard, YAA Senior Teacher
Thursday, November 21st
8-9:30pm
Livestream via Zoom
FREE for all YAA Members
Recording available with Full Membership

- bringing the idea to reality
- knowing your destination
- booking international destinations
- arranging airline itineraries and timing
- registrations, fees & deposits, money issues
- advertising and marketing
- preparing clients for their travel
- what information is necessary
- delivering a successful tour
- managing expectations

yoga.ca

www.soyayoga.com hello@soyayoga.com 403-710-4294

SAVE THE dates!
For the SOYA Annual Retreat
May 30th to June 1st, 2025

Thank you, once again, to all who joined us and especially our special guest, Indu Arora!

We hope you will join us in Sorrento, BC in 2025!

SOYA
Teaching Excellence since 1995.

200 & 300 hour programs offered across Canada, Mexico & Online.

Self-Led Yoga Studies, Retreats and Workshops.

Announcing our special guest in our September E-News!

The South Okanagan Yoga Academy is a proud supporter of the Yoga Association of Alberta.
See the Yoga Bridge event listings for a list of YTT offerings based in Alberta.



YOGA ASSOCIATION OF ALBERTA: TRAINING PROGRAMS

Flexible Schedule >> Pay As You Go >> Choose Your Mentor

TEACHER TRAINING AND UPGRADING 200, 500, 750 & 1,000-HR PROGRAMS

Comprehensive Training

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

Individual Learning Program

- Pay-as-you-go. No up-front tuition.
- Design your own flexible and realistic schedule to fit into *your* life.
- Develop your program to match your yoga interests.
- Find friendship and peer support in an inclusive and co-operative community.
- Explore your teaching style and find your voice

Apprentice Style Mentorship

- Study with qualified and experienced Senior Teachers across Alberta.
- Choose a personal mentor close to home in your preferred hatha yoga lineage and style.

Professional Recognition & Upgrading

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

Equivalency Certification

- Credit for Teacher Trainings or Certifications from other worldwide yoga studios or institutions, may qualify to be used towards obtaining YAA Certification.
- All eligible yoga teachers in Alberta are encouraged to apply.



SCHEDULE OF UPCOMING CLASSES

2024 SCHEDULE >> GET STARTED NOW

Choose Your Format - In-Person in Edmonton or Live-Stream on Zoom
Open to Teacher Training, Immersion & Upgrading to Advanced Training Levels.

Sep 21	Inversions; Subtle Body & Chakras w/ Teddy Hyndman
Oct 25-27	Fall Teaching Skills w/ *Karen Hamdon (TTP students & teachers only; * teacher change)
Nov 16	Pranayama & Meditation; Related Theory with *David Wilson (*teacher change)
Dec 7	Special Concerns & Limitations; Sutras Pada IV with Mary LeBlanc

2025 SCHEDULE >> BIG CHANGES AHEAD

2025 classes will follow a new ONE YEAR rotation schedule.

Registration for 2025 classes will open early in the New Year

Jan 11	Preparatory Poses & Modifications w/ Karen Hamdon		
Jan 12	Basics, Equalizing Poses w/ Karen Hamdon		
Feb 8	Standing Basics w/ Donalee Campbell	May 3	Hip Openers w/ Neil Haggard
Feb 9	Seated Poses w/ Donalee Campbell	May 4	Forward Bends w/ Neil Haggard
Mar 8-9	Teaching Skills w/ Mary LeBlanc	Jun 7	Standing Balances w/ Teddy Hyndman
Apr 5	Restorative Poses w/ Neil Haggard		
Apr 6	Supine Core w/ Neil Haggard	Jun 8	Twists w/ Teddy Hyndman

100-HR HATHA YOGA IMMERSION PROGRAM

- Ideal for experienced students wishing to deepen their understanding of Hatha Yoga
- Learn from Alberta's most experienced teachers
- Explore a variety of styles and lineages
- Pay-as-you-go format
- Flexible and realistic schedule fits your life
- In-person or online classes
- Hours can be applied toward our 200-Hour Teacher Training Program
- Follows the same Core Curriculum as YAA TTP without the pressure to teach

YAA classes & workshops provide cost-effective opportunities for all levels to learn and continue upgrading with YAA Senior Teachers. Hours count towards the Immersion Program, 200-Hour TTP, 500-, 750- and 1,000-Hour Advanced Training Levels.



MORE ABOUT OUR PROGRAMS WWW.YOGA.CA/TRAINING OR CERT@YOGA.CA

MEMBER MUSINGS

Yoga Ode to Jasper National Park

by Barb Ritter

On Wednesday, July 24, 2024, a horrific fire entered the town of Jasper, Alberta. The next day, we learned the devastating news that many homes and businesses were burned to the ground. The hearts of Albertans were and still are filled with grief and immense sadness. Most affected were the residents, workers and business owners within Jasper National Park, their lives and livelihoods upended. Rebuilding will take time. At the time of writing (early August), the fire is still intense, residents are still unable to return and sadly a young firefighter was killed by a falling tree.

Like many, we love to visit Jasper National Park and were there at the time of the evacuation. Jasper was experiencing days of hot weather. Humidity felt nonexistent. Wind gusts developed late afternoon on Monday, July 22. Prime fire conditions! Everything happened extremely fast (<https://www.jasperlocal.com/2024/07/24/smoke-on-the-water/>). Around 7:00 pm we watched a helicopter race eastward while many Park trucks zoomed by going south. What was going on? Three fires had begun within minutes—one east of town and two south of Athabasca Falls area. The power went out. Ash started falling. The owner of the place we were staying began laying out fire hoses. Things did not feel right. The first alert was issued at 8:30 pm and the evacuation notice at 10:00 pm.

Yoga is about yoking opposites like the sun and moon; day and night; the glorious and the devastating. Beyond the physical practice of poses, they invite us to embody moods, feelings and emotions and give us space to work through them. From here, we rebuild our courage and stamina to live life to the fullest with joy and hope.

During a Jasper vacation in June 2021, inspired by the grandeur of this beautiful Park, I had my family take yoga pictures of me. The locations coincided with areas where the fire moved through. To honour this Park, people, the fire and find a sense of healthy rejuvenation, I turned to

yoga and these pictures to create a Yoga Ode to Jasper National Park.

May the poses and story lead you through your own journey of the Jasper fire, its intensity and to new beginnings. We are all parts of one whole. May the Park, people, animals and vegetation arise from the ashes and regenerate with love, peace and harmony from this tremendous life changing fire.

Barbara Ritter received her 200 Hatha Yoga teaching certification under Melanie Checknita at Yoga Within in 2019. She currently teaches in Edmonton. You can find her in the YAA Directory <https://yoga.ca/places/barbara-ritter/> More information on classes are on her website "Barb, A Yoga Guide" <https://barbaralritter.ca>.












TOGETHER WE RISE

The good we do, we can only do together. How can you help?

- Consider making a donation and receive a tax receipt: www.yoga.ca/donate
- Renew or upgrade your www.yoga.ca/membership/.
- Looking for a teacher? www.yoga.ca/teacher-directory

WHEN WE SUPPORT EACH OTHER WE ALL BENEFIT

			
<p>With a ferocious roar, the Goddess of Fire made trees instantly burst into flame in three areas. (Goddess @ Old Fort Point)</p>	<p>An inferno fuelled by high winds, extreme heat and low humidity flew up the mountain sides and valleys. (Mountain @ Horseshoe Lake)</p>	<p>With speed and agility, a helicopter and park crews attempted to stop the advance of the fires. (Airplane @ Horseshoe Lake)</p>	<p>Reacting quickly and efficiently, the Park issued an evacuation order. (Revolved Triangle @ Horseshoe Lake)</p>

			
<p>Courageous warriors of all kinds helped people leave the Park safely. (Warrior II @ Old Fort Point)</p>	<p>Core strength in numbers needed. An urgent call for Firefighters was made. (Boat @ Valley of the Five Lakes)</p>	<p>Through tremendous hard work, Firefighters fought and saved 70% of the town. (Side Plank @ Horseshoe Lake)</p>	<p>May this fire unlock the gates of the past to a brighter future of regrowth in peace, love and harmony. (Gate Latch @ Old Fort Point)</p>

The Life Legacy of Linda Dumont: November 24, 1944 - April 15, 2024

by Connie Clarke

Linda Dumont's philosophy about yoga was that it is an art form, meant to be done beautifully and thoughtfully. Indeed, this is how Linda taught and practised yoga and walked her life's pathway – with a gentle calmness and serenity built upon a deep inner strength.

She started teaching yoga in 1973 when she moved to Edmonton and obtained her first yoga instructor's certificate from the City of Edmonton. Many of these classes were taught by Gerda Krebs. Linda also trained with Friedel Khattab for many years and attained her Advanced Yoga Instructor's certification from Friedel in 1980. Around that same time, she did an extensive training program for yoga and Christian Meditation with Father Joe from India.

Linda received her instructor training certification from the Yoga Association of Alberta in 2008 and eventually received senior instructor certification, then permanent senior teacher status with the YAA. She also obtained her Iyengar yoga instructor certification, as she enjoyed the rigorous and challenging discipline of the Iyengar practice. Much of the Iyengar style was integrated into her teaching. She was also a YMCA-certified yoga and aquatic fitness instructor.

Linda taught traditional Hatha yoga, chair yoga for persons with disabilities and power yoga (in the Ashtanga style) to persons of all ages at several YMCAs and senior centres.

I met Linda in one of her classes at the old downtown YMCA where we immediately



discovered that we had much in common. She persuaded me to attend her week-long yoga instructor training course in Beaumont. That week, all the students gained much confidence as teachers and improved their yoga skills. She and her daughter Freya made us feel like part of their family. Her teaching always came from a place of inclusion, non-judgement and heaps of encouragement. This philosophy became enmeshed in my practice and the classes I have taught. She became my yoga mentor and lifelong friend.

All of Linda's students learned the importance of designing a well-balanced class and how to develop lesson plans, a significant element of a well-rounded yoga program. Her teaching standards have become the norm for many students/instructors.

One of her workshops was dedicated to chair yoga instructor training. It was the most comprehensive and detailed chair yoga training class I have attended. We learned many ways to modify for disabilities while teaching asanas in a chair beyond any book I had read.

Linda published two yoga books in collaboration with her daughters Freya and Naomi. The book *Yoga with Linda and Shaun* is available online or can be purchased at the YAA office. This book contains 675 photos of yoga asanas. Her other book, *Gentle Yoga Using A Chair*, is a comprehensive reference.

Linda had a wonderful talent for writing and started from a young age—her first job was writing a column in the Western Producer newspaper at the age of ten. In the late 1990's, she attended MacEwan

University's journalism program graduating with honours. She turned her passion for helping homeless people toward telling their stories, by becoming founder and editor of Edmonton Street News (now Alberta Street News) which has been in print for twenty years. The Alberta Street News informs the public about homelessness and poverty in Edmonton. It is printed weekly and given to people living on the streets to sell as a means for them to earn some money instead of having to panhandle or break the law. Her daughter, Freya now oversees this publication.

She published a few books of poetry; *Songs Of The Street* (a few volumes) and *Shattered Rainbows* are two of them. Here is an excerpt from the 5th volume of the *Songs of the Street* anthology "The Gulf Between Us":

"I sat in the same room
With men and women I had known for years
Yet their ideas were alien
Or perhaps I had become alien to them,
For they spoke of their trips,
Holidays and houses, vacation plans,
And who they met last year at the lake.
They commented on the special sausage
And how to make a cheese ball,
On who is working where,
And, occasionally, their health.
I sat there, and I found
I had nothing to say
For if I spoke of things I know
The street, poverty, selling papers,
Food banks, welfare rates and homelessness,
They would listen with blankness,
Embarrassed by the reminder
That people like me exist,
Then as quickly change the subject.
If I spoke of things they knew
I would appear gauche and unlearned,
We had no common ground,
So I smiled and ate the special sausage,
Complimented the cheese ball
And to the conversation added nothing at all."

Linda received the Queen Elizabeth II Golden Anniversary and Diamond Jubilee Medals for her years of selfless service to the homeless and marginalized of the inner city. In 2003 she was

awarded the Project Ploughshares Peace award for the Alberta Street News and her work with the homeless. Here is the link to a very touching video of Linda receiving this award generously shared by Paula Kirman. <https://www.youtube.com/watch?v=Yo6vNGXtYpI>



Linda spoke up for our marginalized people at many rallies and public forums, but always said she was not an activist, just passionate about the topic of poverty. She was deeply committed in body, mind and spirit to creating change.

Linda was a talented artist. She painted life – wildlife, trees, flowers, landscapes and portraits using acrylics and watercolours. She also taught art and was a member of the Seeds of Hope Arts Community at the Mustard Seed Church. Her artwork can be seen as part of the Homelessness Memorial in downtown Edmonton in a small park north of city hall on 103A Avenue. She painted portraits of homeless persons on tiles which are part of a large sculpture. Linda received recognition from the Alberta Legislature for her involvement with the project.

Linda published a book of cartoons called "Soupline Bob", a character she created to accompany a column she wrote for a local newspaper. When asked what motivated her to draw them, she answered "Other cartoonists write from their own perspective. There are a number of strips that depict the funny side of life in an urban middle class family. I, too, write from my reality, the reality I see in my volunteer work in street ministry and living beside The Mustard Seed."

The title of one of Linda's poetry books (*Shattered Rainbows*) inspired her latest endeavour, Alberta Shattered Rainbows Creative Society. Her vision was to promote, encourage and educate people in art, music, dance, writing, poetry and other creative



pursuits. The Society's goal is to help people reach their potential and find their inner strength through artistic pursuits. Shattered Rainbows is inclusive and works with diverse groups – non-binary, Indigenous, homeless,

seniors, children, etc. to enrich people's lives. Linda's daughter is currently acting CEO of the society. A website, www.shatteredrainbows.ca will soon be launched.

To quote Linda; "If you take a rainbow and shatter it, each piece is still beautiful. If you have been shattered by life, there are still those fragments that are functional and beautiful that can be built upon to create something beautiful. We can build upon those areas of strength. We walk on the positives."

That is certainly how Linda Dumont lived her life.

Finally, I'd like to share a touching tribute written by Jim Gurnett: <https://bmcnews.org/story/remembering-linda-dumont-november-24-1944-april-15-2024>

Connie Clarke is the Director of Communications for Shattered Rainbows Creative Society. A former YAA teacher who taught for 20 years, she is a visual artist, graphic designer, web designer, landscape designer, and author. www.connieclarkeart.ca




Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

Join us for our signature courses!

Yoga Journey
October 10-22, 2024

Yoga Development Course
Jan 15-April 15, 2025

Founded in 1963 by Swami Radha on pristine Kootenay Lake in BC
yasodhara.org



Growing Space
FOR HEALTH AND WEALTH

GROW RESILIENCE!

On your own time, anytime, online, Learn:

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

Sign up to transform your life for good
GrowingSpaceforHealthandWealth.com

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

2025 YOGA CRUISES
SAVE \$500/GUEST*
PROMO CODE: YAA500
*Based on double occupancy. Terms & conditions apply.

Ask about private & custom group pricing

YAA members & friends, join us in Croatia!

Discover Canadian owned and operated
Croatia Yoga & Multi Adventure Cruises!

CroatiaYogaCruises.com
Call now: (888) 867-8308

CROATIA YOGA CRUISES

ALBERTA EVENTS CALENDAR

- E** Edmonton & Area **RD** Red Deer & 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. There is no charge for YAA members to advertise your workshop event) here and on our website. Weekly classes can be advertised on our website.

SUBMISSIONS TO YOGA BRIDGE MAGAZINE:
 Online submissions: yoga.ca/events-calendar
 Information: yoga.ca/yoga-bridge-magazine/
 Article proposals: editor@yoga.ca
 Deadlines: March 1, August 1 and November 1.

EVENTS QUALIFYING FOR CERTIFICATION:
 YAA Advanced Training Levels require that upgrading hours be taught by YAA Intermediate or Senior Teachers** (or equivalent - contact cert@yoga.ca).

YAA Workshop & Classes Fees & Cancellation Policy

Registration Registration with full payment to the YAA office is required for all YAA workshops, TTP classes, retreats, etc.

Transfers Transfer of your registration payment to another participant is not permitted.

Cancellations 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. There are generally 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.

START ANYTIME

E H YAA
Training Programs: 100-Hour Immersion, 200-Hour Teacher Training, 500-, 750-, 1,000-Hour Advanced Training Levels. Pay-as-you go, flexible format & schedule. Equivalency assessment with credit for previous Certifications. Mentor with YAA Senior Teachers. See www.yoga.ca/training for information.

O YAA
Anatomy/Physiology: Five 3-hr Video modules for students or teachers w/ Paula Carnegie Fehr**. \$150 (\$200 for Certificate of Completion if an optional assignment is submitted to fulfil the 15-hr YAA-TTP anatomy requirement). Start anytime. Info.: Paula: hiddenmessages.ca@gmail.com. Register YAA 780-427-8776 or www.yoga.ca/store.

O Life Anatomy: It's FUNctional w/Sherry Ogg. info@micromoves.com 780-414-0273.

O Grow Resilience GrowingSpaceForHealthandWealth.com Ad p. 25.

O The Curious Heart: Meditation & Mindfulness Course w/ Kat Boehm**. www.pauseandconnect.teachable.com

SEPTEMBER 2024

September-March/25 E
 200 Hour Hatha Yoga Training w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

September-March/25 E
 Deepen Your Yoga Journey w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

September 1 E
 Free Yoga Day. 9:00am-1:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 3-October 29 E
 Prenatal Yoga w/ Wen Kauffman. 7:15pm-8:15pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 5 O YAA

Teachers Showcase Series. Thursdays w/ Elizabeth Danyluk (500-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full & Lifetime Members. Reg. YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.

September 5-October 31 E

Mom & Baby Yoga w/ Dani Checknita. 11:00am-11:45am. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 6-8 E

Weekend Insight Meditation Retreat w/ Howard Cohn: "Creating a generous, safe & peaceful world". Deepen your understanding of how acts of generosity, non-harming, and a well cultivated mind help to create a kinder, safer and peaceful world for all. Beginner & experienced meditators. Fri 7 pm- Sun 4 pm. Cloverdale Community League. Offered by Edmonton Insight meditation on a dana (donation) basis. For details & to register, see <https://howardcohn2024.eventbrite.ca/>

September 6 O

Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$20. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 11 E

Meditation & Momos w/ Kushok Lobsang Dhamchoe. 7pm-8pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 11 E

Learn to Yoga Flow Course 20655 *Vinyasa*, ashtanga, flow...what?! If the idea of yoga flow or *vinyasa* sounds mysterious, come find your own flow and learn the breakdown of a sun salutation or *vinyasa* flow sequence in the supportive and pressure free environment created by your instructor. Learn how to transition between postures in a safe and gentle way that is kind to your body. University of Alberta. <https://www.activityreg.ualberta.ca>

September 13 C

Qigong - Letting Go w/ Munira Jiwa. Fall energy balancing. 6:30 - 8:30pm. Pay What You Can (\$45 suggested). YogaMcc In Bowness. (403) 251-9642 or (403) 288-2909.

September 14, 21 & 28 E

Somatic Stress Release Session w/ Rebecca Hung. 1:00pm-2:30pm. \$80. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 15 E

Family Yoga w/ Cynthia Stobbe. 10:00am-11:45am. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 19 O YAA

Teachers Showcase Series. Thursdays with Elizabeth Danyluk (500-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.

September 20, 2024 to June 22, 2025 C

100 Hr Yoga Nidra Teacher Training w/Anne Douglas, Bridgette Shaw & George McFaul. 100 Hr Certification. Weekends. \$2,197. <https://www.yogamcc.com/ntt> (403) 251-9642.

September 21 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Subtle Body Anatomy with Teddy Hyndman. 9:30am-3:30pm. \$80. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store. Ad pp. 18-19..**

September 22 E

Yoga Philosophy 101 w/ Neeru Prashar. 9:30am-12:30pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 22 E

Yoga & Body Rolling w/ Anita Sielecki. 1:30am-3:00pm. \$30 Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 22-27 Kootenay Bay, BC

Opening to Compassion Retreat. A spacious guided retreat at Yasodhara Ashram on Kootenay Lake, BC. Yasodhara Yoga practices and reflection, satsang, farm-to-table meals; beautiful lake, mountains and grounds. Price varies based on accommodation. yasodhara.org, info@yasodhara.org or 1-800-661-8711

September 22-28 O

Week R&R A Week-long Meditation w/ Rebecca Hung. 8:30pm-9:00pm. \$56. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 25-December 4 E

Reclaiming Your Authentic Self Session w/ Angie Clark. 6:30pm-8:30pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

September 27, 2024 - October 5, 2025 C

Family & Systemic Constellations Facilitator Training w/ Rosina Wellmann. 10am-5pm. 7 Weekends through October 2025. \$3,700+GST. YogaMcc Marda Loop 2028b 33rd Ave SW moc.ccmagoy@ofni 403-251-9642.

September 28-29 O YAA

Living Your Heart's Desire: Yoga Nidra Meets the Law of Attraction. An 8-hour online workshop w/ Anne Douglas. Sat & Sun 10-12 & 1-3. \$150. Live-stream via Zoom with recordings available. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store. Article p. 8; Ad p. 10.**

September 29 E

Trauma Informed Yoga Workshop w/ Jeremy Bell. 2:00pm-6:00pm. \$60. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

OCTOBER 2024

Oct 3 O YAA

Teachers Showcase Series. Thursdays w/ Joan Radford (500-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full & Lifetime Members. Reg. YAA 780-427-8776; www.yoga.ca/store. Ad p. 7.

October 4-6 E H YAA

Exploring Yoga in Community: A Retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online. Info: Anita 780-432-7152. Register YAA 780 427-8776 or <https://yoga.ca/product/2024-exploring-yoga-in-community/>. Ad p. 2.

October 6 E

Asana & Adjustments 101 w/ Ryan Vogelaar. 1:00pm-3:00pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 10-22 Kootenay Bay, BC

Yoga Journey: Yasodhara Ashram's transformative 12-day experience. Expand your personal and spiritual development thru Yasodhara Yoga practices & reflection including mantra, Hidden Language Hatha, Dreams, Kundalini System and more. Price varies based on accommodation; includes farm-to-table meals, classes, satsangs, beautiful surroundings. yasodhara.org/yoga-journey, info@yasodhara.org; 1-800-661-8711. Ad p. 24.

October 17 O YAA

Teachers Showcase Series. Thursdays with Joan Radford (500-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.

October 17-20 O YAA

At Home, Resting in Stillness: Exploring the Depth Teachings of Meditation - an Online Retreat w/ Richard Miller, PhD. Full YAA Members can apply for a special discount of US \$150 off the workshop price. To receive the discount you need a code which you'll receive when you pre-register at www.yoga.ca/product/2024-miller-retreat/. You must then register and pay for the workshop at irest.us (Early-bird US \$349 /or US \$449 after September 17) Information: Anita (780) 432-7152. Ad p 7.**

October 18 O

Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$20. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 19 E

Anatomy 101 w/ Lisa Workman. 8:30am-11:30am. \$97. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 25-27 E H YAA

Fall Teaching Skills Workshop – TTP & Upgrading with Karen Hamdon (note teacher change). \$225. Friday 6-9pm livestream via Zoom only, Saturday & Sunday 9am-4pm In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store. Ad pp. 18-19.**

October 25-28 C

Yin Yoga Training w/ Debby Sereda, 403-283-9747

October 26 E

Yoga for Restful Sleep w/ Dr. Thamarai Moorthy. 12:45pm-2:45pm. \$65. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 26 E H

Deep Release w/ Rebecca Hung. 7pm-9:00pm. \$42
Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 27 E

Family Yoga w/ Cynthia Stobbe. 10:00am-11:45am.
Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 27 E

Yoga & Body Rolling w/ Anita Sielecki. 1:30am-3:00pm.
\$30 Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

NOVEMBER 2024

November 1 YAA

Deadline for Initial Certification and Recertification applications for January, 2025 approval. Email to cert@yoga.ca.

November 1 O

Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm.
\$20. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 2 E

Reclaiming Your Authentic Self Workshop w/ Angie Clark.
2:00pm-4:00pm. \$55. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 3 E

Pranayama & Gentle Yoga w/ Karen Giering. 10:00am-11:30am. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 4 O YAA

Teachers Showcase Series. Mondays with Dagmar Sanchez (200-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. See ad p. 7.

November 5-December 10 E

Prenatal Yoga w/ Wen Kauffman. 7:15pm-8:15pm. #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 7-December 12 E

Mom & Baby Yoga w/ Dani Checknita. 11:00am-11:45am.
Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 15-17 Pigeon Lake

Christian Yoga Retreat w/Barbara Ritter & Melayne Smith. Gentle yoga practices to 'Walk in the Light of Christ'. Focus is on feet, grounding, gait, nervous system and singing. Early bird until November 1st, \$210 incl. accommodation/meals. Mulhurst Camp. <https://barbaralritter.ca/classes/retreat/> 780-468-5985

November 16 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Pranayama & Meditation Overview: Sutras Pada III with David Wilson (note teacher change). 9:30am-3:30pm. \$80. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store. Ad pp. 18-19.**

November 16, 23 & 30 E

Somatic Stress Release Session w/ Rebecca Hung. 1:00pm-2:30pm. \$80. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 17 E

Asana & Adjustments 102 w/ Ryan Vogelaar. 1:00pm-3:00pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 18 O YAA

Teachers Showcase Series. Mondays with Dagmar Sanchez (200-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.

November 20, 2024 - April 21, 2025

SOYA 300hr Professional Upgrade to RYT500, Module A, Mexico; Module B, Penticton, BC \$4195+gst for two modules. Mod A & B required for certification. Save \$300 when you pay in full! Contact Rebecca 403-710-4294.

November 21 O YAA

Professional Development Series Webinar: Leading International Retreats w/ Neil Haggard. 8-9:30pm on Zoom. FREE Livestream for YAA Members. Recordings available for Full/Lifetime Members only. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 17.**

November 24 E

Yoga for Caregivers: Finding Balance w/ Dr. Thamarai Moorthy. 1:00pm-3:00pm. \$65. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 29-December 1 E H YAA

Exploring Yoga in Community: A Retreat Experience: Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1:00pm. Providence Renewal Centre &/or live online. Anita 780-432-7152 for info. Register YAA 780 427-8776 or <https://yoga.ca/product/2024-exploring-yoga-in-community/> Ad p. 2.

DECEMBER 2024

December 1 E

Yoga Philosophy 102 w/ Neeru Prashar. 9:30am-12:30pm.
Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 5 O YAA

Teachers Showcase Series. Thursdays with Val Spak (500-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.

December 6 O

Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm.
\$20. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 7 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Special Concerns & Limitations; Sutras Pada IV with Mary LeBlanc. 9:30am-3:30pm. \$80. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store. Ad pp. 18-19.**

December 14 E

Anatomy 102 w/ Lisa Workman. 8:30am-11:30am. \$97.
Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 14 E H

Deep Release w/ Rebecca Hung. 7pm-9:00pm. \$42.
Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 19 O YAA

Teachers Showcase Series. Thursdays with Val Spak (500-Hour Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427- 8776 or www.yoga.ca/store. Ad p. 7.

JANUARY 2025

January 8 O YAA

Teachers Showcase Series. Wednesdays with Melanie Checknita (1,000-Hour Senior Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.**

January 11 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Preparatory Poses and Modifications; Centering with Karen Hamdon. Note new schedule: 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19**

January 12 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Basics, Equalizing Poses; Benefits of Yoga with Karen Hamdon. Note new schedule: 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.**

January 15 O YAA

Professional Development Series Webinar: Embracing the Joy of Kids Yoga with Donna Freeman**. 8-9:30pm on Zoom. FREE Livestream for YAA Members. Recordings available with Full/Lifetime Membership only. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 17.

January 15 Kootenay Bay, BC

Three-month residential Yoga Development Course. Yasodhara Ashram's immersion into authentic yoga and your own self-knowledge. January 15-April 15, 2025. Offers complete instruction of all practices from our women-led lineage, with reflection to reveal your own wisdom. Fees vary based on accommodation; includes farm-to-table meals, classes, satsangs, peaceful beauty. www.yasodhara.org or 1-800-661-8711. Ad p. 24.

January 18 E

Pranayama & Gentle Yoga w/ Karen Giering. 10:30am-12:00pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

January 19 E

Yoga Philosophy 103 w/ Neeru Prashar. 9:30am-12:30pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

January 22 O YAA

Teachers Showcase Series. Wednesdays with Melanie Checknita** (1,000-Hour Senior Level). 8-9pm on Zoom. Get to know Alberta's Yoga Teachers! Twice/month FREE for all YAA members with a variety of YAA Teachers. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register YAA 780-427-8776 or www.yoga.ca/store. Ad p. 7.

January 26, February 9 & 23 E

Realignment Yoga Training w/ Candace Wickins. 9:00am-2:00pm. \$279. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

January 31-February 2 E H YAA

Exploring Yoga in Community: A Retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1pm. Providence Renewal Centre &/or live online. Anita 780-432-7152 for info. Register YAA 780 427-8776 or <https://yoga.ca/product/2024-exploring-yoga-in-community/> See ad p. 2.

FEBRUARY 2025

February 2 E

Asana & Adjustments 103 w/ Ryan Vogelaar. 1:00pm-3:00pm. \$50. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

February 8 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Standing Basics; History of Yoga w/ Donalee Campbell**. Note new schedule: 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all YAA Training Programs. Reg. YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

February 9 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Inversions; Seated Poses; Yoga in the West with Donalee Campbell**. Note new schedule: 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Reg. YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

February 15 E

Anatomy 103 w/ Lisa Workman. 8:30am-11:30am. \$97. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

February 16 E

Pranayama & Gentle Yoga w/ Karen Giering. 1:30pm-3:00pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

February 16 - March 1

Yoga in Nepal with Neil Haggard. Daily yoga and culture walks with Neil. 780-434-2787.

MARCH 2025

March 1 YAA

Deadline for Initial Certification and Recertification applications for May approval. Email documents to cert@yoga.ca.

March 1 - May 10 C

SOYA 200hr Foundational Yoga Teacher Training in Strathmore/Calgary, over 8 Weekends, \$3,200+gst. Save \$300 when you pay in full! Rebecca 403-710-4294

March 8-9 E H YAA

Spring Teaching Skills Workshop – TTP & Upgrading with Mary LeBlanc**. Note new schedule: Saturday & Sunday 9am-4pm. \$190. In-person at Percy Page Centre, 11759 Groat Rd, Edm. OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

March 15-22 C

Majestic Guatemala Retreat w/ Daemond Mano & Jeri Tourand. Ignite the change on an 8 day retreat. Price varied. Guatemala. <https://www.yogamcc.com/guatemala> (403) 251-9642.

APRIL 2025

April 5 E H YAA

Core Curriculum Class – Immersion, TTP & Upgrading: Restorative Poses; Definitions of Yoga with Neil Haggard**. 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

April 6 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Supine/Core Poses; Yoga Sutras Pada I with Neil Haggard**. 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

April 25-27 E H YAA

Exploring Yoga in Community: A Retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$295 (sliding scale). Fr 6:30pm-Sun 1:00pm. Providence Renewal Centre &/or live online. Anita 780-432-7152 for info. Register YAA 780 427-8776 or <https://yoga.ca/product/2024-exploring-yoga-in-community/> See ad p. 2.

MAY 2025

May 3 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Hip Openers; Yoga Sutras Pada II with Neil Haggard**. 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours

count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19

May 4 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Forward Bends; 8 Limbs of Yoga with Neil Haggard**. 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

May 25, 2025 - April 10, 2026 O

SOYA 200hr Foundational Yoga Teacher Training Online, live via Zoom, 3 Sundays each month, \$3200+gst. Save \$300 when you pay in full! Contact Rebecca 403-710-4294.

May 30-June 1

SOYA Annual Retreat with special guest tba, Sorrento, British Columbia. Registration opens January 1st. Contact Rebecca 403-710-4294. Ad p. 17.

JUNE 2025

June 7 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Standing Balances; Yamas with Teddy Hyndman**. 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edmonton OR livestream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19

June 8 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Twists; Niyamas with Teddy Hyndman**. 9am-4pm. \$95. In-person at Percy Page Centre, 11759 Groat Rd, Edm. OR live-stream via Zoom. Hours count towards all YAA Training Programs. Register YAA 780-427-8776 or www.yoga.ca/store after January 1. See pp. 18-19.

July 1 YAA

Deadline for Initial Certification & Recertification applications for Sept. approval. Email documents to cert@yoga.ca.

July 16-20 E YAA

Mindfulness Meditation & Gentle Yoga Retreat w/ Kavindu (Mexico) & Anita Sielecki. Wedn. 3pm-Sun 1pm. Providence Renewal Centre and live online. Info: Anita 780-432-7152; sielecki@hotmail.com.



YOGA PROPS AND MORE

FEATURED PROP: YOGA MATS

There are so many types of yoga mats available, how do you know which one to choose? Let us help! At the YAA, we carry a variety of quality mats at reasonable prices.

- For a cost-effective starter mat, try the PurAthletics Studio Grade Yoga Mat – a basic mat that is lightweight with good grip, comes in a variety of colours and includes a carry strap.
- Looking for an eco-friendly mat that is also budget-friendly? Try the PurEarth II Eco Yoga Mat - comfort and grip in a mat that is 100% recyclable and non-toxic.
- If you like a roomier mat, try the Half Moon Tall & Wide. Twelve inches longer and three inches wider than a standard yoga mat. Standard size Half Moon mats are also available.

If your mat gets a lot of use, consider a high-end mat, such as Manduka or Jade. While they may cost a bit more, they are long-lasting, superior mats.

- Manduka mats are made from OEKO TEX-certified safe PVC. They are very durable, grippy and easy to clean. We carry Pro and Pro Lite mats in standard and long lengths.
- Known as “Nature’s Best Yoga Mat”, Jades are made of natural rubber and provide a nice balance of grip, stability, and comfort. Jade Harmony mats come in regular or long length.
- For a travel mat, try the Jade Voyager. Also made of natural rubber, Voyagers are extra light and thin and fold to 9”x9”x2” for easy packing.
- Looking for something more traditional? Try our Jade Organic Cotton Yoga Rug or Jade Dharba Grass Yoga/ Meditation Rug! Both are handwoven by rural artisans in India and are eco-friendly, outdoor-friendly, washable, and comfortable.

Visit yoga.ca, stop by the YAA office (11759 Groat Rd., Edm. or email admin@yoga.ca for more information. Shipping by mail is available.



PURCHASE (780) 427-8776; YOGA.CA

PROPS AND MORE



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

BLANKETS

Indian Blankets: white, cotton \$56

* BLOCKS Made in Alberta (Green chipped blocks no longer available from manufacturer)

* Soft & Lightweight Grey Blocks: 2x8x12”, 20 or more @ \$12.50 \$13

* Black Foam Bricks: 4x6x9”, 20 or more @ \$13.50 \$16

* Wood Blocks: 3x4.5x9” (hollow) \$25

* BOLSTERS Washable cover. Hand-made in Alberta with care. Assorted fabrics/colours

* Medium Oval: 9” diameter x 28” long, members: 15 or more @\$68.00)..... \$89

* BOOK Yoga Therapy for Backs by David McAmmond & Anita Sielecki **Sale \$19

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) \$33

MAGNETIC HEALING JEWELRY necklaces, bracelets, earrings \$15 / \$10 / \$5

* MALA BEAD NECKLACES hand-crafted in Alberta..... \$108

MEDITATION

Crescent Shaped Cushions (Zafu): washable cover \$68

MATS & CARRIERS

Tapas Hugger Mugger ©: Travel (68x24x 1/16”); Regular (68x24x1/8”) \$23 / \$31

Jade: Voyager (68x24x16”); Harmony Pro (68x24x3/16” & 74x24x3/16”) \$61/ \$104 / \$110

Jade XW professional mat (80”x28”) \$139

Jade Organic Mysore Yoga Rug (72”x27”) & Jade Dharba Grass Med’n/Yoga Mat (72”x26”) ... \$94 / \$65

Manduka© Pro (71x26x1/4” & 85x26x1/4”) \$142 / \$166

Manduka© Pro-Lite: (71x24x3/16” & 79x24x3/16”) \$112 / \$127

Pure Earth II Eco Mat: (68x24x1/4”) recyclable, compostable, cushioned \$44

Half Moon: Regular (74x24x3/16”); XL XW (84x27x3/16”) \$38 / 42

PurAthletic Starter Mats, assorted colours \$18

Jade Hot Yoga Towels..... \$25

* Handmade Mat & Prop carriers: Multiple colours. on order

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

NETI SALT 8 oz or 10 oz..... \$5 / \$10

* SANDBAGS (10 lb) assorted fabrics Hand Made in Alberta \$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 SCRAPER/CLEANER copper..... \$5

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

YOGA / PEDICURE SANDALS (toe-separators) all sizes in stock..... \$55

THANKS FOR YOUR SUPPORT!



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

Your Alberta Yoga Family. Albertans - your first year of Associate Membership is FREE! Invite your friends to sign up at www.yoga.ca