

MAGAZINE OF THE YOGA ASSOCIATION OF ALBERTA | EST. 1976

YOGA BRIDGE

CONNECTING ALBERTA THROUGH YOGA

INSIDE THIS ISSUE:

Articles
Retreats
Certification / TTP
Yoga Props
Workshops
Outreach Program
50th Anniversary 2026



David McAmmond, Past President
passed September 29, 2021

We're Celebrating!
turning **50** in 2026

The YAA is celebrating 50 years of uniting and uplifting communities through yoga!
We're excited to offer a line-up of world-class teachers offering FREE online workshops for YAA members, along with other special events — all year through! Watch your emails for more details and registration links for events starting early in the new year.

World-Class Workshops

Jan 18: Sandra Sammartino
Feb 3: Leila Stuart
Mar 24: Richard Miller
Apr 18: Kavindu
May 9: Eric Le Reste
May 23 AGM: Doug Keller
Aug 23: Brea Johnson
And More Dates TBC:

- Lorin Roche & Camille Maurine
- Sister Denise
- Angela Farmer & Victor VanKooten
- Father Joe Pereira

Anniversary Pioneers Interview Series

Watch the website for an illuminating series of interviews with founding YAA members and others who helped shape the landscape of yoga in Alberta.

International Day of Yoga
Special June 21 Program TBA

Commemorative Yoga Bridge Magazine Issues

Your voice is part of our history—we want to hear from you! Please consider sharing your stories, articles, poems, photos, or anything that highlights how yoga and the YAA have shaped your journey. Send your submissions & photos ASAP to editor@yoga.ca.

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The Yoga Association of Alberta acknowledges that the land we know as Alberta resides within Treaties 6, 7 and 8, as well as portions of Treaties 4 and 10, and is the traditional and ancestral territory of diverse First Nations, Inuit and Métis peoples. We are grateful to be able to undertake our journey to wellness on lands these people walked for generations, and make this acknowledgment in the spirit of gratitude and reconciliation.



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 under-served, 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!

“The best way to find yourself is to lose yourself in the service of others.”
— Mahatma Gandhi

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.

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ADVERTISING RATES

Size	Width x Height	B/W	Colour
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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

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

EDITOR'S MESSAGE

Hello to my fellow readers. Our summer was kind of a potpourri – some bright heat, some grey chilly wetness, some smoke on the water. Whatever it was, at least in the Edmonton area and parts of BC that I visited, it resulted in berry bushes gravid with juicy blueberries, huckleberries, saskatoons, and raspberries and the little apple orchard in the field next to our place was fairly bursting with surprisingly sweet and fat apples for this prairie parkland. Will our current spell of warm dry weather (as I write this, week 2 has nearly completed) continue through the fall? My magic 8 ball with the 20-sided regular icosahedron says “Reply hazy” perhaps referring to the smoke we’re likely to get until winter damps down the flames in the NWT and BC. It could be the same ball (erm, I mean modelling tool) that economists and climate forecasters use.

In this edition of the Bridge, there are some interesting articles on yoga therapy, the benefits of yoga for seniors, and outreach activities at Enoch School. A summary of the 2025 AGM is included. There are eulogies for two yoga practitioners who had a long association with different schools of yoga, specifically the Himalayan Tradition and the Sivananda school (Yasodhara Ashram). A letter sent to the YAA board by former members of the East West Yoga Society (EWYS) expresses gratitude to

the YAA Board and especially past Executive Director Debbie Spence and past President Anita Sielecki for ongoing assistance over the years. This letter illustrates the willingness of YAA to work with our members on many aspects of yoga teaching and practice.

Thanks to those authors who have already sent articles on their experiences with yoga and on the YAA's history and diversity. We will be publishing them in the 2026 magazine issues. I can give you a general idea of what's coming in the Winter 2026 edition: an article on the history of YAA; an article on the breadth and depth of yoga practices that our members have brought to everyone; an article listing those who have made contributions to YAA; and (so far!) three articles discussing personal perspectives on how yoga has improved the writer's lives.

That last list item is a segue to a request I usually make of you. Please consider submitting articles, poems, images, artwork or any other form of graphic expression that expresses the role yoga plays in your life in support of our 50th Anniversary celebrations or any other yoga related topic that you feel will be of interest to readers of the Bridge. Please send your submissions to me (editor@yoga.ca)

Call for Submissions – YAA's 50th Anniversary

In 2026, the YAA celebrates 50 years of uniting and uplifting communities through yoga!

We invite you to share your stories, reflections, and creativity in the anniversary editions of the *Yoga Bridge*. Send us impact stories, articles, poems, photos, and more that highlight how yoga and the YAA have shaped your journey. Whether you're a student, teacher, or longtime supporter, your voice is part of our history—we want to hear from you!

How has yoga—and the YAA—made a difference in your life?

Consider sharing:

- A moment when yoga profoundly impacted your life
- How the YAA helped introduce you to yoga or deepen your practice
- A teacher, class, or YAA event that left a lasting impression
- The ways yoga has helped you overcome challenges, find balance, or create connections
- Stories of community, outreach, and the power of yoga to bring people together



How to Submit: Please send your submissions (articles, stories, poems, photos, or artwork) to editor@yoga.ca as soon as possible. Written pieces should be no longer than 1500 words, and high-resolution images are preferred. Let's celebrate 50 years of yoga in Alberta together!

Donation of E-W Funds to YAA

From: Friends of the East-West Yoga Society
To: Members of YAA Executive

The East-West Yoga Society (EWYS) was conceived by our teacher Maya Margo Balog to introduce and deepen the teachings of the Himalayan Tradition to interested yoga students. EWYS was successful for over a decade in its promise to deliver consistent teachings from a core of teachers familiar with the Tradition. The Society continued successfully for a few years after her death in 2010, but she was the glue that held us together and as time went by, member interest waned and people moved on.

In early 2016 we took the hard decision to dissolve EWYS. To do so, provincial legislation required that the Society have no assets of any kind. We made the decision to transfer the balance of the EWYS bank account to a non-profit society. The YAA accepted the funds and kindly offered to set them aside as a reserve that could be used to help fund events that would have been organized under the EWYS umbrella when it existed. Debbie Spence, Executive Director with the YAA at that time, and Past President, Anita Sielecki, were instrumental in setting this up and managing it going forward and we are grateful for their assistance.

The YAA has honoured this agreement for almost 10 years and much of the initial deposit has supported classes and activities that the “friends of EWYS” have organized; the participants also contributed an equal or greater amount to these events. A minimal administration fee was deducted, usually annually, in recognition of the time needed for YAA staff to manage the reserve and distribute funds as needed.

Events and classes were held regularly from 2016 through early 2021, at which time Covid-19 stopped all activities. Over the past decade, the passing of several members, along with changing life circumstances for the remaining participants—including age, health, and family

commitments—has led us to recognize that, as with all things, there is a season. With gratitude for the time we shared, our group has formally come to a close.

YAA does not need our approval to merge the reserve fund with the general revenue stream, and this is strictly speaking not a donation because we relinquished all rights when we transferred the funds. We are grateful that YAA helped us out and are happy to symbolically release the remaining funds for use as you see fit.

With your permission, Dave Downing, editor of the *Yoga Bridge* magazine, will begin his editorial in the Autumn 2025 *Yoga Bridge* as David Maulsby began his president’s address at the 49th AGM, with a tribute to members of the EWYS who have passed on. He will add a note about this transfer of funds and that it is made in their collective remembrance.

Two eulogies to honour Barb Forbes (written by Lynnda Sharp) and Doug Hunter (written by Keely Scott) will be included in the magazine. Dave will include the following list of EWYS members and friends who have passed on: Maya Margo Balog, Swami Veda Bharati, Barbara Forbes, Ernst Gumpert, Doug Hunter, Phil Paradis, Sandra Parr, Sharon Rose, Rose Shumansky and Joe Thibault, with apologies to the friends and family of any he has missed.

Sincerely,

Friends of East-West Yoga Society

Keely Scott (Past President), Dave Downing (Past Acting Secretary), Lynnda Sharp (Past Treasurer)

From: David Maulsby, President, on Behalf of YAA Executive

Thank-you Dave and Friends of EWYS, and thank-you Debbie and Anita for administering the fund.

Though I never met Maya Balog, I’ve heard stories of the Himalayan group, and I honour their pioneering efforts to bring the teachings to a new home in Alberta.

Warm regards, David

My Yoga Journey with Barbara

by Lynnda Sharp

Editor’s note: this eulogy for Barb Forbes was prepared by Lynnda at the request of Barb’s family. She spoke these words at the June 28, 2025 service for Barb at the Edmonton Unitarian Church. The original version has been edited at Lynnda’s request.

Barbara I miss you....I miss our visits. I first heard about you and your husband Ernst decades ago when I joined East-West Yoga, a group of sincere yoga students brought together and taught lovingly by our teacher Maya Margo. She was a great believer in the power of prayer. When I started, those prayers included the recovery of a couple I had not yet met; Ernst had fallen and you tripped over him breaking some bones in the process. At first I didn’t appreciate how serious that accident was, but it turned out to be an event that took months to resolve for both of you and involved a lot of dedication and faith. As an observer and sometimes a helpmate on your healing journey I learned how selfless you were, aiding not only Ernst with his recovery as you were dealing with your own, but people in need as I was at the time.

I felt much gratitude for your friendship then as I do now; you brought light, compassion and empathy into my life when I was in pain. Our teacher Maya introduced us to the Sanskrit phrase *Kalyana mitra* which means spiritual companion and I know that we were and are that for each other. We shared many stories about our lives—family situations, like concerns for husbands needing care, and wanting the best outcomes for our children, were the common experiences that deepened our bond, as was our love for yoga and our teacher Maya Margo.

You were a dedicated student of yoga as long as I knew you and inspired me to undertake the journey of self-realization. Our shared love for and trust in our teacher Maya led to some interesting places. Near the start of our friendship, you asked



Barbara (at right) and friend, Elaine. Manas, India 2008

me if I would travel to Rancho La Puerta on the Baja Peninsula. It sounded exotic! Maya was going to be there working on the early version of an online course on the Himalayan Tradition, along with her guru Swami Veda and many other senior international teachers. I thought this would be a great learning experience and signed up. In the end, although I did go, you were unable to for reasons that I can’t remember.

As it turned out, the coursework involved a lot of assignments and you threw yourself into them with full concentration, catching up to me in a very short time. We continued to study together at meetings that were as regular as life would allow under the guidance of Keely Scott who had been studying with Maya for some time and could answer our questions. Often we got together over lunch at your home or mine; you were a great cook and freely shared your culinary wisdom with me and sometimes other like-minded friends who were following the same path. We read and studied many of the foundational texts of our Tradition like *Meditation and Its Practice*, *The Perennial Psychology of the Bhagavad Gita* and *Philosophy of Hatha Yoga*; your favourite was *The Art of Joyful Living* that provided

a lot of guidance for how to live a full life and we often read to each other from it. In many ways the teachings became our friends and our companions.

We travelled together in the quest for more knowledge. You and I made many trips to the meditation centre in Minneapolis and I even joined you on one of the trips to India. You kept on travelling well into your 80's. Some of your trips were focused on health, like the trip you took to India in 2019 to visit an Ayurvedic clinic and two skilled medically intuitive doctors who were students of the Tradition. You impressed me with your willingness to consider both western and eastern approaches in your quest to maintain good health as you aged.

Dave Downing tells a story of a trip to India when you were 73 years young. One of the treks on that trip was to Kedarnath Temple, a ten mile hike with an elevation gain of over 5,000 feet reaching a height of 12,000 feet at the temple. Some walked it, some rode on the backs of tiny mountain ponies, and you went in style on a palanquin (elevated chair) carried by four young men. That was a courageous choice, as from your elevated perch you could see the sheer drops alongside the steep narrow trail and you needed a good deal of faith that every step they took would be carefully

(continued from page 9)

community, a clever mind capable of meaningful connections, and a heart open to every moment.

In every hike, every conversation, every mindful breath, Doug lives on within us, reminding us to embrace life's challenges and joys with an open heart. May we each honour Doug's memory by embodying his spirit of curiosity, presence, and love for the simple, profound delight of life.

Maha Mrityunjaya Mantra

*Om Tryambakam yajamahe Sugandhim pushti
vardhanam Urvarukamiva bandhanan Mrityor mukshiya
mamritat.*



glaciers and the air is very thin, but you enjoyed the experience.

In the later years of our friendship as your health slowly declined, we couldn't travel much together, and our regular schedule of lunch and study was replaced by weekly walks. We were often joined by our partners on these, and nature became our nourishment and our solace.

Something that will stay with me forever is your smile and little giggle, your sense of humour and delight in learning. I truly believe your studies and your faith in the path you were on, kept your mind trouble free to the end. Your drive to learn and experience was not only for yourself but for the benefit of all who were in your life. I know you were and will always have a place in the hearts of all of us who are gathered here today to celebrate you.

planned.
At
Kedarnath
the nights
are cold as
air flows
down
through
the valley
from the



Doug taking a rest break on Mount Edith Cavell Trail, 2012

IN MEMORIAM

Celebration of Life: Doug Hunter

by Keely Scott

Editor's note: this is the eulogy delivered by Keely Scott at the Edmonton Golf and Country Club at Doug's Celebration of Life. It has not been edited.

I'm grateful to speak today as one of Doug and Lynnda's yoga friends and to have had the privilege of being one of his many teachers.

Through his entire life, Doug was an engaged learner. He embraced new experiences with genuine curiosity and a heart full of adventure, with yoga being one of many passions in his vibrant and varied life.

For many, Doug's entry into yoga may have come as a surprise. Though he might have joined initially to support Lynnda, Doug quickly found his own connection to the practice. With his natural curiosity and authentic interest in people, ideas, and the exploration of body and mind, he engaged deeply—not just with yoga but with the community that gathered around it.

Doug's years of practice began with Beth McCann and continued with teachers like Maya Margo, deepening through his time at retreats with Anita Sielecki and David McAmmond. Through these experiences, Doug developed not only his practice but also a deep sense of connection and community, enriching his life and those of us fortunate enough to share the journey with him.

Doug relished the friendships, the camaraderie, the snacks, the shared laughs, the quiet moments of reflection, and especially the relaxation. This community became a cherished part of his life, offering him balance, resilience, and health. His dedication went beyond the physical aspects of yoga; Doug embraced its quieter, more contemplative dimensions.

Lynnda recalls a moment when they met Swami Veda. As they waited, beyond what she expected, she apologized for the delay, but Doug gently hushed her, saying, "Don't you see...he's

meditating." That simple, mindful observation captured his spirit—a natural yogi, attuned to life's quiet wisdom.

The mountains were another place where Doug's spirit truly shone. He joined our annual yoga retreats in Jasper, blending his love for yoga with his love of nature. Hiking the trails, he would light up, naming geological formations, and sharing his knowledge of wildflowers and wolves. Doug was a mountain man at heart, with countless memories of days spent on rivers in his canoe, navigating waters with the same spirit of exploration that guided him through life. For Doug, yoga was also an inner adventure, a journey he approached with the same curiosity and courage he brought to the outdoors. He understood that the inner terrain could be challenging, even rocky at times, but he also knew that beyond these obstacles lay the undisturbed "lake of the mind", or inner dwelling of the "cave of the heart"—places of peace and clarity. Doug embraced the climb, knowing that the journey was worth every step.

Similar to all the other dimensions of Doug's exceptional life, he recognized its interconnectedness and the meaningful relationships that went beyond the yoga mat. His friends, especially Charles and Anita, became like family, joining Doug and Lynnda for dinners, laughter, and support through life's highs and lows. In his final days, they came to be by his side in Calgary, a testament to the depth of their connection and the impact Doug had on those around him. Doug was always "in there like a dirty shirt," fully invested in those around him, with a playfulness and presence we will all miss dearly.

Doug's yoga life was a reflection of his joyful, easygoing nature and his deep commitment to the people he loved. He was a friend, a teacher, and a partner on life's journey. As we remember him today, we carry forward his legacy—a love of

How Yoga Therapy Can Help You Regain and Maintain Your Health: A Personal Reflection

by Kat Gagnon, C-IAYT Yoga Therapist

I fell in love with yoga in my 20s. I loved the way I felt after a class, especially one led by a knowledgeable and intuitive teacher who encouraged me to go within. That has been a mainstay in my personal yoga practice and my work as a yoga therapist to this day.

When I started my journey as a yoga instructor, my purpose was clear. I wanted others to feel this sense of being that I felt. I grew up in the days of “no pain, no gain” and that is hard to ignore. My philosophy is to be curious and listen to my intuition. If there is pain or discomfort, I am pushing too hard. I have learned to listen to what my body is trying to tell me.

In my search for ways to help myself and others, I have taken courses that integrate healing and yoga, including Therapeutic Yoga, Trauma informed Yoga, Yoga for Cancer and Chair Yoga. 2019 was an extremely traumatic year for me and four members of my family, all of whom were diagnosed with cancer. I did my best to help and advocate where I could—but failed to take care of myself.

By mid-summer I realized I was spiralling and needed to focus on my own mental health. The knowledge I had gathered by then helped me to find calm and hope, and the self-awareness gained from this knowledge saved my life. In October of 2019, I went to my doctor with a vague feeling of dis-ease. An ultrasound found a tumour in my left ovary! I’m convinced that if I hadn’t heard the faint whispers from my body, I might not have survived.

A whirlwind of scans and specialist appointments led to a radical hysterectomy at the end of December. After my surgery, I continued to search for specific therapies to enhance my recovery. My research brought me to the International Association of Yoga Therapy (IAYT) where I found an accredited school to take the



training. Although the training was two years and a financial commitment, I thrived on learning and applying my new-found knowledge. Here’s a summary of what I learned and how I apply it.

Yoga therapy is the specific application of yoga techniques that primarily include postures/exercises, breath work, and meditation techniques. Yoga asanas (postures) are the aspect of yoga practice that most people believe constitutes yoga, and it is logical for them to conclude that yoga therapy might not be for them because it will require movement and flexibility. In fact, yoga therapy can help people who can’t move at all, including ease for those facing end of life.

Yoga therapy can support the recovery of your physical, mental and spiritual health when you’re not at your best, as for example when you’re stressed, ill, in chronic pain because of physical and/or neurological factors. When you are in relatively good health, yoga therapy can help you to maintain that state as you age.

What can you expect if you visit an accredited yoga therapist?

Individualized Approach: Yoga therapy is tailored to your unique needs and health concerns.

A qualified yoga therapist assesses your physical condition, emotional state, and overall health to create a personalized treatment plan.

Integration of Yoga Practices: Yoga therapists use a combination of yoga practices to address your specific health challenges. This could include physical postures to improve strength and flexibility, breathing techniques to manage stress and anxiety, and meditation for mental and emotional well-being.

Mind-Body Connection: Yoga therapy views balancing and harmonizing your mind-body system as an integral part of promoting healing and wellness. Linking breath with movement encourages embodiment that brings awareness to what your body needs, ultimately trusting that your intuition is supporting your healing.

Holistic Healing: Rather than focusing solely on symptom management, yoga therapy seeks to address the root causes of health issues. It considers lifestyle, diet, and emotional factors as important elements of healing.

Complement to Medical Treatment: Yoga therapy is often used as a complementary approach alongside conventional medical treatment. It can help manage and alleviate symptoms of various health conditions, including chronic pain, anxiety, depression, cardiovascular issues, and more.

Prevention and Maintenance: Yoga therapy is not limited to addressing your existing health problems. It can also be used for preventive purposes and for maintaining your overall health and well-being.

Self-Empowerment: One of the underlying principles of yoga therapy is to empower you to take an active role in your own healing process. It teaches self-care techniques that can be incorporated into daily life. (source: modified from IAYT information summary for clients)

What have been my personal experiences as a yoga therapist who applies the guidelines of the IAYT? Here are three case studies that illustrate some practical applications of yoga therapy.

Jala came to me with a rotator cuff injury that she hadn’t been able to resolve. From her initial assessment, it was apparent that she was trying to push through the pain. We worked with meditation and journaling to “talk” to her shoulder and send it

love. I also suggested some movements; along with the meditation and journaling work, they improved self-knowledge of her shoulder joint and how to move with minimal discomfort. Jala was back to almost full range of movement in several weeks.

Joanie suffered with pain in her left knee for years. She had visited a physiotherapist and was given exercises to strengthen and support her knee. When we started working together, I could clearly see that her gait was off, which appeared to be a response to the pain in her knee. On further investigation, I saw that she had a bunion and a fallen arch on her left foot. Exercises to strengthen her foot, self-massage on her calf muscles, and orthotics to correct the foot deformities were beneficial.

Lulu is a current patient who suffers from anxiety. I was already working with her using yoga movement, meditation, and breath to address this issue. She needed to obtain an acceptable physical assessment before she turned 75 to renew her driver’s licence. After conducting this assessment, Lulu’s doctor advised that she had high blood pressure and would not be allowed to renew her licence unless she agreed to take medication to lower it. This contributed to her feelings of anxiety as she wanted to drive, but not if it meant being dependent on drugs. Lulu had a month before the renewal deadline (her birthday); we got to work. I prescribed a routine of daily yoga/meditation focusing on breath and daily walks of at least 20 minutes. We also adjusted water intake and sleep schedule. When she went in for another checkup two days before her birthday, her doctor found that she had normal blood pressure. Lulu continued with her regimen and had her blood pressure tested at intervals. She hasn’t needed blood pressure medication for a year now.

Teamwork is the foundation upon which a successful therapist-client relationship is based. It is what has worked for me and my clients in cases like the examples I provided. I have found that when I prescribe an approach like a specific movement or lifestyle change, it is much more likely that my client will achieve success by diligently following this advice with curiosity about the process—and it helps to have the belief that it could work. I will suggest modifications as necessary as the treatment progresses. If my client isn’t committed to the

process for some reason, we'll discuss why this is, adjust as necessary and where modifications are unlikely to work, we'll explore other alternatives.

One of the main reasons that yoga therapy works so well is that it is not a treatment done *to* you. Yoga therapists give you the tools to tap into your intuition about what your body and mind need to heal. We help clients solve their unique problems through self-awareness and healing approaches that work for them. It's our goal to set you free!

"Listen to the whispers before they become screams." (Cherokee Proverb)

Kat Gagnon is an IAYT accredited yoga therapist and a YAA-certified yoga teacher (500 hr). Contact information is available at <https://yoga.ca/places/kat-gagnon/> and at <http://www.dreamcatcherscircle.com>.

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mind at your own pace,
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Guided by Anita Sielecki, YAA Senior Teacher

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By engaging in practices that include nondual meditation, self-inquiry, body/breath sensing yoga, and iRest Yoga Nidra, you will nourish qualities of curiosity, heartfelt courage, and loving-kindness while deepening your inner well-being and capacity for compassionate action, empowering you to integrate meditation into daily life and foster intimate harmony with yourself, others, and the world around you.

Reserve your
spot now at:
yoga.ca

A \$885 CAD fee covers accommodation, meals & expenses only. In addition, participants are expected to bring along a donation (suitable according to their means) to support and compensate the teacher and iRest organization (cash, cheque, or credit/debit card.) This is the tradition of Dāna explained in the Spring 2025 issue, that attempts to make the teachings more accessible and related to the individual's financial situation.
For more information or commuter fees contact Anita: (780) 432-7152, sielecki@hotmail.com



YAA AGM Reports - May 25, 2025

6 Staff and Volunteer Summaries

1. Executive Director Report by Donalee Campbell

Thanks to the Executive Board and staff (listed on the website and page 3 of this issue).

Membership: We now have 1277 members, 779 paid and 498 free. In 2024 we welcomed in 190 new members. A big welcome was extended to all our new members!

Annual Survey: Thanks to everyone that responded. Your feedback is very valuable and there were lots of valuable insights from this year's survey.

Tenure, longevity and diversity – most of our members have been involved with the YAA for more than 10 years and only 10% of members are in their 30's & 40's. The YAA is an inclusive community where all individuals—regardless of background, identity, or experience—are valued and respected. Everyone is welcome here!

Inspiration – members' top reasons for joining the YAA were for the sense of like-minded community and the high standards. Over 70% of our members were encouraged to join the YAA through their yoga teachers. This highlights the vital role teachers play in introducing new people to our organization. Please encourage anyone interested in learning more about yoga to join us. Brochures and bookmarks are available at the office to share. Consider collecting names and email addresses (with permission) and passing them along to us. May we continue to inspire each other as our teachers have inspired us!

YAA Teachers – 77% of YAA Teachers are offering accessible group classes, 62% are offering free or subsidized classes, 51% are offering trauma-sensitive classes, and 36% participated in equity and/or inclusion training in 2024. That means that most YAA Teachers are promoting yoga as an inclusive and accessible activity for everyone, offering karma yoga and trauma-sensitivity.

YAA Programs – received overwhelmingly positive ratings—mostly excellent across the board!

We encourage more teachers to take advantage of the YAA Core Curriculum Classes, which are a great way to refresh your skills and deepen your understanding of key concepts. Plus, the hours count toward both Recertification requirements and Advanced Training Levels.

YAA Services - the Yoga Bridge magazine continues to be our most cherished and widely read communication channel.

The new website was launched in 2024, and we've since added a wealth of resources and updated content. While many have yet to explore some of these benefits, we're confident that when you do, you'll find them a valuable extension of the YAA community. The YAA Video Library has several webinars available on accessibility and trauma informed training with more currently being developed – thanks to your generous donations to the Fayerman Memorial fund! Another indigenous cultural sensitivity training is planned in the Fall.

This word cloud highlights the most frequently used words from your open-ended feedback—offering a visual snapshot of what matters most to our community.



Outreach – In 2024, programs were held at the Edmonton Remand Centre, Candora Society,

ICWA, Enoch Cree Nation Schools and the Greater Edmonton Foundation Seniors Housing.

In 2025, the YAA has been very fortunate to have received several project grants which should triple our impact. These grants help us start or expand programs, but they don't offer continued support. Edmonton Community Foundation Grant

- Remand Centre Expansion
- Young Offenders Centre
- Institution for Women
- Government of AB Community Initiatives Program Grant (with the Candora Society)
- Chair Yoga for Seniors - In-Person/Online Classes
- Kids Yoga in Daycare/Summer Camps
- City of Edmonton Live Active Grant
- Online Yoga for Beginners

We also received Operating Grants from Alberta: Tourism & Sport and the City of Edmonton which help us pay salaries & overhead costs needed to run these programs

Inspiring Feedback from Remand Centre Inmates in the YAA's Yoga Outreach Program



2. Financial Report by Debbie Spence, Finance & Magazine Coordinator

Kristine Ouellete (Treasurer) reviewed the 2024 finances with Debbie Spence. These documents were audited by members Culley Schweger Bell and Elaine Tsuruda (as prescribed by the YAA's Bylaws). The finance committee consists of Debbie, Anita, Kristine and Donalee, with input from David and other Board members as needed. The ATB now

facilitates payments being made by e-transfers with two-person approval, thereby reducing Debbie's time spent on financial matters.

The financial statements showed membership is down slightly but fluctuates, donations are healthy, prop sales were strong but members were encouraged to purchase from the YAA to boost this, workshops provided significant income thanks to Anita (Yoga in Community, Kavindu, Richard Miller). Outreach income down slightly as GEF has cut back on classes. New expenses e.g. social media and website maintenance are fairly large - hopefully this activity will pay off. CIP Grant project is finished so that expense will be gone.

Balance sheet reflects investments (managed by the Finance Committee). A sustainability fund is kept to keep the YAA running for two years uninterrupted and withstand unexpected events or loss of grants. Associations that did not do this did not survive the pandemic.

3. Social Media Report by Candace Westeroth, Communications Coordinator

In 2024, reach on social media was up to almost 34,000 on Facebook (a 43% increase) and over 15,000 on IG (a 464% increase). Reach was significantly impacted by paid ad boosting, as organic reach is now very limited due to Meta algorithms. Followers and profile visit are also up.

Priorities for 2025: Promoting the benefits of YAA membership & certification, celebrating YAA's quality programs & teachers, and communicating the impact of YAA outreach programs. Also, we'll be starting to advertise our 50th Anniversary Celebrations soon.

How you can help? Follow our accounts, engage with our content (like, share, save, comment), tag us on social, and share your photos and videos.

4. Teacher Training and Certification Report by Krista Power, Office Manager & Certification Coordinator

Thanks to the TTP & Certification Committee: Anita Sielecki, Beth McCann, Karen Hamdon, Mary LeBlanc, Neil Haggard, Tammy Richard & Teddy Hyndman.

An exciting new Accreditation Program is being developed which would recognize studios with YAA Senior Teachers and allow their TTP

students a way to fast-track to YAA Equivalency Certification.

We currently have 21 students enrolled in the 200-Hour TTP and 12 students enrolled in the 100-Hour Immersion Program. It's now possible to complete these programs in one year rather than two, which has added flexibility and marketability. We are still in need of YAA Senior Teachers to mentor our TTP students. Please see the webinar in the Video Library and go to your Teacher Directory and check off that you are available for mentorship.

The YAA now has a total of 237 Certified Teachers (9 more than last year): 23 at the 200-Hour Level, 47 at the 300-Hour Level, 50 at the 500-Hour Level, 19 at the Intermediate (750-Hour) Level and 91 at the Senior (1000-Hour) Level. There are 85 teachers with Permanent Certification (at various levels).

Certifications awarded since last AGM:

Initial Certifications – YAA TTP Graduates

Olivier Cann (Edmonton) 200-Hour
Ron Richard (Camrose) 200-Hour
Jolene Sudeyko (Spruce Grove) 200-Hour
Brenda Wirsz (Edmonton) 200-Hour

Initial Certifications – Equivalency

Gisèle Lizée (Calgary) 200-Hour
Brenda Berube (Okotoks) 500-Hour
April Cantafio (Edmonton) 500-Hour
Madison Freeman (St. Albert) 500-Hour
Mary Gosse (Flatrock, NL) 200-Hour
Barbara Ritter (Edmonton) 200-Hour
Ayse Foster (St. Albert) 200-Hour
Narayan Khanal (Edmonton) 200-Hour
Dhanalakshmi Krishnakumar (Edm) 200-Hour
Swee Law (Edmonton) 200-Hour
Leslie McKenzie (Spruce Grove) 500-Hour
Dorothy Cornforth (Red Deer County) 200-Hour

Status Upgrades

500-Hour Level

Rena L'Abbe (Beaver County)
June Knobel (Breton)

Intermediate (750-Hour Level)

Terri Jones (Edmonton)

Senior (1000-Hour Level)

Donna Freeman (St. Albert)
Krista Power (Edmonton)
April Cantafio (Edmonton)

Permanent Status

Keely Scott (Edmonton) 750-Hour Level
Barb Deneka (Edmonton) 750-Hour Level

5. Editor's Report by Dave Downing, Yoga Bridge Magazine Editor

Dave shared personal memories of Barbara Forbes and their trip to India when she was 73; it included a 10 mile trek to Kedarnath temple with an elevation gain of nearly one mile to a height of 12,000 feet. Dave also remembered Dr. Doug Hunter for his sense of humour and his ability to hold a tree pose by touching the ceiling.

Editor of The Yoga Bridge since September 2020, Dave thanked the editorial board—Donalee Campbell, Kim Fraser, Judith Mirus, Anita Sielecki, and Debbie Spence. Thanks also to our contributors and supportive readers for helping us maintain a strong, community-focused publication.

Originally a simple newsletter, *The Bridge* has grown into a full-fledged magazine, published three times a year in print and online. With a distribution list of about 1,200 (and wider online reach), it offers a platform for members to share reflections on yoga, life, and resilience. It's come a long way from the early days of typewriters and glue sticks—proof of how far both the magazine and the broader yoga community have evolved since the YAA's founding in 1976. The magazine continues to look better and better with each issue.

The online compendium of *Yoga Bridge* articles has been updated and now includes 373 original and reprinted pieces dating back to 2010 (updated through Spring 2025). Past Editor Marcia Langenberg continues to be deeply involved in this process. We aim to eventually archive all past editions online, as time allows — the last four years are already available.

The *Yoga Bridge* remains a valuable channel for:

- Showcasing YAA's teacher training and certification programs
- Highlighting outreach work in under-served communities and prisons
- Sharing community events and classes (via free listings or paid ads)
- Communicating YAA news, AGM highlights, and leadership messages
- Featuring relevant yoga products in our back pages

In 2025, we published 22 diverse articles across three issues. The new compendium summarizes them, and the editions are available at yoga.ca/ yoga-bridge-magazine. Our contributors offer

meaningful insights into the human experience, and Dave discussed two recent pieces that personally shifted his perspective in profound ways.

If you have a story, reflection, or insight to share, we welcome submissions, in particular for our 50th Anniversary issues! The Call for Submissions can be found on our website and on page 5 of this issue. **6. 50th Anniversary Planning Report by Anne Douglas, Member at Large**

Anne shared an update of the upcoming "Fifty Years United in Yoga" celebration. The YAA is one of the oldest yoga associations in Canada thanks to dedicated leadership and members.

In addition to special issues of the *Yoga Bridge*, the celebration will include three main events, all intended to help build membership:

- A Year of Unity in Yoga - a year of workshops (1.5 to 2hr each) lead by international teachers. All these offerings will be recorded and made available in our Video Library. Some confirmed workshops will be as follows with more to be announced:

- January: Sandra Sammartino
- March: Richard Miller
- May: Eric Le Reste
- May: AGM Workshop with Doug Keller
- July: Kavindu
- August: Brea Johnson
- December: Father Joe Pereira

• Legacy Interview Series - Dave Maulsby will be interviewing long-standing founding and influential members of the YAA, which will be broadcast.

- International Day of Yoga – June 21, 2026 - A variety of teachers will be featured.

Volunteers, Donors & Funders

Special thanks went to 154 dedicated volunteers and donors.





Professional Development Series

Practicing Respect:
Applying Indigenous Protocols
in Yoga Spaces

with Chantell Widney

Thursday, October 23rd
8-9:30pm

Livestream via Zoom
FREE for all YAA Members
Recording available with Full Membership

Learn how to engage respectfully with Indigenous communities in this webinar on cultural protocols. Gain practical guidance on offering respect, acknowledging land and treaties, collaborating with communities, and avoiding common pitfalls. Build relationships rooted in trust, reciprocity, and reconciliation.

Sign up at yoga.ca





Teacher Showcase Series

Join us LIVE on Zoom
FREE for all YAA Members
Recordings available in the online
Video Library
(Full & Lifetime Members Only)

Upcoming Classes:

Sep 4 & 18 April Cantafio (Thursdays at 7PM)	Nov 6 & 20 Karmen Shennan (Thursdays at 8PM)
Oct 1 & 15 George McFaul (Wednesdays at 8PM)	Dec 2 & 16 Jamie Babcock (Tuesdays at 8PM)

Sign Up At: yoga.ca



Become One of Alberta's Best Yoga Teachers with the YAA!

Ready for a profound journey into yoga teaching? The YAA offers an acclaimed Teacher Training Program, recognized for its high standards of training. We believe yoga teacher training is a big commitment that should not be taken lightly. In a market where "buyer beware" is essential due to a lack of legislation, the YAA stands out as Canada's only non-profit provincial yoga association, United in Yoga for 50 years!

We are dedicated to preserving yoga's spiritual meaning and depth, offering a personal path of self-discovery. Our program transforms you into a teacher who prioritizes students' safety and growth, considering "all the different body types, experience levels, injuries, medical conditions and other issues" in a typical community class.

Why Choose the YAA TTP?

- **Flexible & Realistic Schedule:** Start anytime at your own pace to integrate learning.
- **Pay-As-You-Go:** No up-front tuition or large initial investment.
- **Personalized One-on-One Mentorship:** Form deep, personal relationships with experienced teachers of your choice in your own community.
- **Live & Interactive Learning:** Engage in in-person or live-streamed hybrid classes; not pre-recorded, mass-produced programs.
- **Depth Over Speed:** Build a solid background for a lifetime of committed study and practice, equipping you to help students do the same.
- **Diversity of Experienced Teachers:** Learn from qualified instructors from a variety of styles and lineages and follow your own pathway to learning.
- **International Recognition:** Known for excellence, YAA Certification is recognized across North America. Optional registration with Yoga Alliance.
- **Advanced Training Pathways:** Work towards Advanced Training Levels, all pay-as-you-go and customizable, allowing for your own unique specialization.



**Choose your path with intention.
Enrol today and get started right away!**



Upcoming Core Curriculum Classes

Start Anytime! Try a Class with no Commitment. Proceed at your own Pace.
Hours Count towards all Training Programs and Advanced Training Levels

Sept 20: Shoulder/Arm Focus; Bhagavad Gita w Beth McCann

Sept 21: Backbends; Gunas & Koshas w Beth McCann

Oct 4-5: Teaching Skills Workshop w Beth McCann

Nov 8: Surya Namaskar; Mantra & Tantra w Teddy Hyndman

Nov 9: Inversions; Subtle Body Anatomy & Chakras w Teddy Hyndman

Dec 5: Pranayama & Meditation Overview w Karen Hamdon

Dec 6: Special Concerns & Limitations w Karen Hamdon

2026 Classes Open for Registration after Jan 1st. See the website for the full schedule.

YAA Equivalency Certification

- Credit for previous training and experience. Easy upgrading if needed.
- Advanced Training Levels all pay-as-you-go, study with qualified teachers of your choice (world-wide) and customize to your growing interests.
- International Recognition with Yoga Alliance optional.
- Ongoing support for teachers from your local non-profit yoga community.

Learn more at:

www.yoga.ca/training



OUTREACH

Report on maskêkosak kiskinomâtowikamik (Enoch Cree K-12 School) Outreach Yoga classes Round 2, November 2024 to March 2025

by Megan Kim

The first time I taught outreach classes at maskêkosak kiskinomâtowikamik was in February 2023 when I taught yoga classes to every grade over a two-week period. For this second round of outreach classes, I was invited to teach in a more focused capacity.

The school has a special program for the grade 4 to 6 students. Three afternoons a week they gather according to three main interests: the Arts Academy, Multi-sport Academy, and Hockey Academy. I was scheduled to teach each Academy, between November 2024 and March 2025. My intentions were to deliver the benefits of yoga in a way that was fun, engaging, and gave the students a sense of agency according to the goals of each Academy's lead teacher.

I started by teaching two groups in the Arts Academy. I taught each group for about 40 minutes and then returned a few days later to teach both groups a second time. We had from seven to twelve students per class; we met in a classroom, with the desks pushed to the back of the room.

I organized my "Yoga Pretzel" cards (endnote 1) into several yoga "stories" (mini practice plans) and I let the students vote on the order in which we would do the stories. Once we chose the first story, I placed the corresponding cards on a magnetic white board. This way they knew what was coming and they could see the poses in two ways — on the cards and through my physical demonstration of them. I guided the stories (i.e.: Going up a Mountain, Water Adventure, etc.) and we practiced the corresponding poses together. After a few stories, I invited them to draw their favourite pose in their journals, while I was able to move around and delight in their drawings and reflections. We ended by practising *savasana* and listening to the sound of chimes (endnote 1). They loved that, and I



promised that they could all try out the chimes in the second class.

In the second class we covered the stories that were missed on the first day. By this time, they were familiar with the poses. After the story practices, I invited them to create their own poses in their journals and then come up to the front of the group and show and teach their pose. I was so proud of how they did! I was told many of them were quite shy and might not want to present in front of a group, but almost everyone did. Their artwork was creative and unique, and illustrated an asana that we all got to experience. I kept my promise and let anyone interested play the chimes at the end during our concluding relaxation practice.

I next taught the Multi-sport Academy, comprised of two somewhat larger groups of about 15-20 students per group. I guided each group once for almost the entire school afternoon, in a classroom with the desks pushed to the sides.

I again created stories using yoga cards displaying them on the white board and asking the students to vote on what order to do the stories. I added some teaching moments about the breath, using my mini Hoberman Sphere (endpoint 1) and about mindful listening, using the chimes. The Hoberman Sphere is an educational toy that can be expanded and contracted three-dimensionally, helping learners to visualize the breath.

Before recess, I had their teacher organize them into smaller teams of two to four people, and let each team choose a handful of yoga cards to use for creating their own yoga story. They worked on their stories and after recess they took turns presenting them. Again, I was delighted by their creativity and willingness to participate. After that I guided them through a relaxation practice and a short-duration seated meditation. I felt that the time given to them to create, choose and present helped me to accomplish my intentions of agency, fun, and engagement. My hope is that they felt safe and valued, while experiencing some of the benefits of yoga.

The final assignment was to teach the Hockey Academy, one large group of students that meets in the rec centre gym. I was scheduled to teach them for half an hour, once in December and again in March. The request was that they learn some *vinyasa* flow, mindfulness strategies, and come to understand how yoga can benefit their hockey game.

Eighteen students attended the December 2024 class. Before having them settle on their mats, I invited them to gather in a close circle around me, so that I could connect with them. I talked about the breath using the Hoberman Sphere. I introduced them to *ujjayi* breath and explained how working with the breath is a great mindfulness tool. Then we stood in a big circle and did a few repetitions of the sun salutation's first two movements (*Urdhva Hastasana* and *Uttanasana*) in a wave, like they do at hockey games.

The students used yoga mats for the remainder of this class. I taught a modified version of the whole sun salutation, to meet the request for *vinyasa*. After that we explored some other yoga poses, including seated poses to stretch their legs in various ways, and some prone backbends. The "crab" pose (reverse tabletop, walking) was a

favourite, and elicited lots of laughter. We finished with a relaxation practice in *savasana* and then a few moments in a seated posture to connect once more with the felt sense of their body and breath, and awareness of their minds.

Twenty-four students attended the second class in March 2025. They practiced on their own mats for about 30 minutes. I used the Hoberman Sphere again — calling it the breathing ball — to get them to connect with their breath. Next, we made "human breathing balls" by reviewing the first two movements of the sun salutation. I taught a more simplified and shorter version of the sun salutation this time, with *Virabhadrasana 1* and *Parsvottanasana* instead of lunges and downward dog pose. When we stayed longer in *Virabhadrasana 1*, we paired it with the repetition of a confidence boosting statement: "I am a powerful hockey player". To be honest, I really wrestled with figuring out how to teach the sun salutation in a way that would honour this age group and my intentions of fun, engagement and agency. I'm still working on this.

We followed the sun salutation work with a sequence of *Garudasana* ("perched eagle") and *Virabhadrasana 3* ("flying eagle"), which they appeared to really enjoy. We also did a series of poses closer to the ground, including a game of Simon Says with *Chakravakasana* (bird-dog pose); *Balasana*; *Dhanurasana* (a favourite, eliciting more laughter); and others. I led them into a calmer state with quieter movements lying on their backs, preparing them to be still for *savasana*.

The chimes once again played an effective role in helping the students to become more mindful. and to lengthen their time in stillness. Once they had been in *savasana* for a few moments, I told them I would soon be playing the chimes, and that their job was to listen to the sound until they could no longer hear it, and then quietly come up to a sitting position. It was



wonderful to see what a great job they did with this set of instructions. For the final part, we did a seated meditation, connecting with the breath and repeating an affirmation about the breath on the exhale: “My breath is calm and steady.”

I am grateful for the opportunity I had to share yoga in a second round with this beautiful community at *maskêkosak kiskinomâtowikamik*, and grateful that I got to focus and refine my teaching strategies with a particular age group, thereby strengthening connections between me and the students and staff.

Endnote 1. The tools used in class can be viewed at the following links:

- Yoga Pretzel cards: <https://www.indigo.ca/en-ca/yoga-pretzels-50-fun-yoga-activities-for-kids-grownups/9781905236046.html>
- Chimes: <https://www.urbannaturestore.ca/products/zenergy-chime-meditation>
- Hoberman sphere: https://www.educationstation.ca/catalogue/mini-hoberman-sphere_215957/

The Yoga Association of Alberta does not favour, promote or recommend any product represented in this

magazine except for those available for purchase through the YAA.

Megan Kim has been practising yoga since 1998, and teaching for nearly as long. She is grateful for her many teachers and their influence towards more presence and loving kindness, including Beth McCann and Marcia Langenberg, both YAA Senior Teachers. Contact information is available at <https://yoga.ca/find-a-teacher/>.

The Yoga Association of Alberta acknowledges that the land we know as Alberta resides within Treaties 6, 7 and 8, as well as portions of Treaties 4 and 10, and is the traditional and ancestral territory of diverse First Nations, Inuit and Métis peoples. We are grateful to be able to undertake our journey to wellness on lands these people walked for generations, and make this acknowledgment in the spirit of gratitude and reconciliation.





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MEMBERS MUSINGS

Yoga Blessings As We Age

by Audrey Bell-Hiller

My yoga journey began after I retired from the University of Alberta and was taking yoga classes on campus. These classes made me realize I could be active. Yoga would give me purpose as a way I could contribute to society through practicing and teaching within a community of like-minded people.

Looking back I have enjoyed many blessings as an instructor and am most grateful for all the wonderful people who joined me in my yoga classes. Back in 2005, I started teaching two classes each week at the Westend Seniors Activity Centre and at Aldergrove (both in Edmonton) and have continued to this day. Currently, I am teaching a Restorative class to an amazing class of 14 people and some have continued with me for over 18 years. More than half are in their 80s and are still so very young at heart and active.

Just recently while I was teaching some wall-supported asanas, Pat Mann was in plow pose (*Halasana*) while the others were at the wall. She told me this is the one pose (asana) she loves and feels such joy doing it since she has no pain. Unfortunately, she has arthritis throughout her body and cannot do all the poses. Clearly, Pat has found yoga classes very supportive at her age and she has the freedom to adapt the teaching to suit her abilities.

After practicing and teaching all these years I, as a senior, have indeed found a community of like-minded people and many blessings.

Audrey Bell-Hiller, YAA, 1000 Hour Senior Teacher (Permanent Certification). Contact me at email: abellhiller@hotmail.com phone: 780-463-9944; website <https://yoga.ca/places/audrey-bell-hiller/> for further information on current teaching programs.





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CALENDAR OF YOGA EVENTS

- 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 Full YAA members to advertise workshop events here and on our website. Weekly classes can be advertised on the website - Events Calendar: Recurring Events.

SUBMISSIONS TO YOGA BRIDGE MAGAZINE

Events: yoga.ca/events-calendar or yogaab@telus.net
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 in advance for all YAA events (workshops, classes, retreats, etc.). All events require up-to-date YAA Membership. Full or Lifetime YAA Membership is required for events with a cost of \$80 or over. Transfer of your registration payment to another participant is not permitted. Please register as early as possible to avoid disappointment as class sizes are limited due to space considerations, and events may be cancelled if early registrations are low.

Cancellations: YAA event cancellation requests must be sent by email to admin@yoga.ca. All credits or refunds are given at the discretion of the YAA and cancellation fees may apply. YAA application and membership fees are strictly non-refundable.

For single-day YAA events, you can opt for a full credit towards a future YAA event within the calendar year or a 90% refund IF your cancellation is received at least 7 days in advance. For YAA events that are longer than one day, you may qualify for an 80% credit or refund IF your cancellation is received more than 14 days in advance. Late cancellation due to unforeseen emergencies or illness (with a doctor's note) may be considered for partial credit depending on circumstances and the overall event budget, which can only be evaluated after conclusion of the event.

NOTE: For YAA hybrid events (offered both online and in-person), if you registered to attend in-person and decide to attend online instead, please let us know with as much notice as possible as there may be participants on a waiting list who wish to attend in-person.

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. Mentor with YAA Senior Teachers. Equivalency assessment with credit for previous Certifications (world-wide) and recognition at Advanced Training Levels. See www.yoga.ca/training for information.

O Life Anatomy:

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

O Grow Resilience

www.GrowingSpaceForHealthandWealth.com Ad p. 24.

O YAA Anatomy/Physiology Training

Know your Yoga Body: Five 3-hr Video modules of Anatomy and Physiology for students or teachers with 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 www.yoga.ca/store.

SEPTEMBER 2025

September - June

Quality Hatha Yoga Teacher Training 9-month weekly in person in Victoria, BC \$3700 www.breatheyoga.ca Angie 604-764-9042.

September 11 - October 16 O YAA

Beginners Yoga Outreach. 1st Session Thursdays at 7-8pm with Neeru Prashar. Online classes designed especially for beginners, these gentle, trauma-informed classes provide a safe and welcoming space to move with ease, improve mobility, boost mental well-being, and feel more connected. Free or by donation. Zoom link will be noted on the registration receipt, with recordings available. Info at www.yoga.ca/outreach. Ad p. 13.

September 20 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Shoulder/Arm Focus; Bhagavad Gita with Beth McCann. 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 www.yoga.ca/store. Ad p. 18-19.**

September 20-21 E

Expand & Explore Within – Standing & Seated Asana w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Info www.yogawithin.ca.

September 20-November 22 Kootenay Lake, BC
10 Saturdays + monthly followup. Swami Sukhananda 11:30am-1:30 pm MT \$2100/bursaries available Peace of Mind for Professionals ONLINE. Yasodhara Ashram, 1-800-661-8711. yasodhara.org. Ad p. 22.

September 21 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Backbends; Gunas & Koshas with Beth McCann. 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 www.yoga.ca/store. Ad p. 18-19.**

September 22 - December 1 E H

1. Somatic Strength - Ashtanga Vinyasa Yoga infused with Pilates Workshop Series w/ Allison Ulan. Dynamic Vinyasa Yoga to develop balanced flexibility and strength. 5:35-6:50 pm \$135 to \$170; 2. Restorative Yoga Workshop Series 7-8pm, \$125-\$160. McKernan Community Hall www.allisonulan.com, Allison allisonulan@gmail.com

September 23 - December 9 O

The Complete Yoga Workshop Series for Back Care w/ Allison Ulan. Develop back health through restoring mobility and strength. 7-8:25 pm \$125 to \$150. Online www.allisonulan.com, Allison allisonulan@gmail.com

September 23 - November 4 O

Cultivating Presence through Breath Work and Mindfulness Workshop Series. Learn effective breathing techniques to revitalize your body and awaken your mind. You will learn proper alignment for breathing, exercises to prepare your body for practice and routines to support your immune system health. 8:30-9:30 pm \$75 - \$105. Online www.allisonulan.com, Allison allisonulan@gmail.com

September 26-28 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 www.yoga.ca/store. Ad p. 12.

September 26-28, 2025 E

Kids Yoga Teacher Training with Sara Morris. Yoga Based Mindfulness & Movement for Kids. <https://www.pranayogastudio.ca/events/event/kids-yoga-teacher-training-intensive-1/>. 780-761-2226.

September 26 - October 2

Living from Love: Tuning into Your Heart's Messages Guided Retreat. Yasodhara Ashram, Kootenay Lake, BC. 1-800-661-8711 yasodhara.org Ad p. 22.

OCTOBER 2025

October 1 O YAA

Teachers Showcase Series. Wednesday at 8-9pm with George McFaul (Calgary) 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 www.yoga.ca/store. Ad p. 17.**

October 1, 8, 15 O

Pain Literacy w/ Amber Kyliuk. Help Clients Move Past Pain with Science & Skill. 6:30-8:30pm MDT. \$315. Criticalmovementtyc.ca Amber 403-701-9642.

October 1-8

Yoga Vacation to Portugal w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

October 3-5 E

Healthy Aging Yoga Teacher Training with Jeanette Ward & Colleen Dibden. Teaching yoga to our aging population. <https://www.pranayogastudio.ca/events/event/healthy-aging-yoga-teacher-training/>. 780-761-2226.

October 4-5 E H YAA

Fall Teaching Skills Workshop – TTP & Upgrading with Beth McCann. 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 www.yoga.ca/store. Ad p. 18-19.**

October 7-12 E YAA

Richard Miller - The Depth Teachings of Non-dual Meditation. A live-in retreat. Providence Renewal Centre, Tues 5:30pm thru Sunday 11:30am, Anita (780) 432-7152. sielecki@hotmail.com. Register YAA 780 427-8776 or www.yoga.ca/store. Ad p. 13.

October 7-December 23 O

Somatic Self Care Practice w/Rebecca Hung. Tuesdays. 7:30pm-8:30pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 7 - 28 E

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

October 10 O

Monthly Meditation w/ Rebecca Hung. 7:00pm-8:00pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 14 - December 16 E H YAA

Chair Yoga Outreach. Tuesdays (no class Nov 11) at 1:30pm-2:30pm with Candice Jackson. Designed especially for seniors and individuals with limited mobility. These gentle, trauma-informed sessions offer a safe and supportive space to improve mobility, boost mental well-being, and reduce feelings of isolation. Offered online via Zoom or in-person at Abbotsfield Rec Centre, 3006-119 Ave, Edmonton. Free or by donation. Zoom link will be noted on the registration receipt. Recordings available – start today! More info at www.yoga.ca/outreach. Ad p 13.

October 15 O YAA

Teachers Showcase Series. Wednesday at 8-9pm with George McFaul (Calgary) 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 www.yoga.ca/store. Ad p. 17.**

October 15-28 Kootenay Lake, BC

Yoga Journey Guided Retreat. Yasodhara Ashram. 1-800-661-8711. yasodhara.org. Ad p. 22.

October 17 December 19 E YAA

Adult Yoga Outreach. Friday at 1-2:15pm with Candice Jackson. Gentle, trauma-informed classes provide a safe and welcoming space to move with ease, improve mobility, boost mental well-being, and connect with community. Free or by donation. In-person only drop-in at the Abbotsfield Rec Centre, 3006 - 119 Avenue, Edmonton.

October 17-19, 2025 E

Prenatal Yoga Teacher Training Level 1 with Jennifer Janvier. Any person wanting to dive deeper into prenatal knowledge while learning the skills to teach prenatal and postnatal yoga, as well as those who want to learn how to safely guide expectant individuals in their regular yoga classes are invited to take this training. <https://www.pranayogastudio.ca/events/event/prenatal-yoga-teacher-training-module-1/>. 780-761-2226.

October 18 E

Family Yoga w/Cyntia Stobbe. 11:30am-Noon. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 18-November 29 E H

Realignment Yoga w/ Candace Wickins. 1:00pm-2:15pm. \$108. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 18, November 15 & December 20 E

NEW Somatic Stress Release Workshop Series w/ Rebecca Hung. 2:00pm-4:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 19 E

Pelvic Floor Workshop w/Val Spak. 1:00pm-3:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

October 23 O YAA

Professional Development Series Webinar – Practicing Respect: Applying Indigenous Protocols in Yoga Spaces with Chantell Widney. 8-9:30pm on Zoom. FREE Livestream for YAA Members. Recordings available with Full/Lifetime Membership only. Register www.yoga.ca/store. Ad p.17.

October 24-26 E

Holistic Yoga Immersion with April Cantafio, Jennifer Janvier, and Isabelle Addison. If you’ve ever wanted to learn more about the rich tradition of yoga beyond an asana class, now is the time! Join us to learn more about the classical roots of yoga. www.pranayogastudio.ca

October 25-26 E

Expand & Explore Within – Even More Standing & Seated Asana w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

October 25 E

Sound Bath & Restorative Yoga –w/ Marcus Fung & Melanie Checknita. 4pm-6pm. \$55. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

October 30 - December 4 O YAA

Beginners Yoga Outreach. 2nd Session Thursday at 7-8pm with Kat Gagnon. Designed especially for beginners, these gentle, trauma-informed classes provide a safe and welcoming space to move with ease, improve mobility, boost mental well-being, and feel more connected. Free or by donation. Online. Zoom link will be noted on the registration receipt, with recordings available. More info at www.yoga.ca/outreach. Ad p. 13.

October 31 - November 2 C

50 Hour Critical Alignment Yoga Teacher Training. In this training you will learn the how to use the Critical Alignment soft props in your classes. There will be a dive into the anatomy of the spine and how to work with pathologies that your students may have. 9am-6pm. \$900 <https://www.yogamcc.com/alignment>

NOVEMBER 2025

November - December E

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

November - December E

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

November 1 YAA

Deadline for submission of articles, events and advertisements for the Winter *Yoga Bridge* Magazine. Submission guidelines and details at yoga.ca/yoga-bridge-magazine.

November 1 YAA

Deadline for Initial Certification and Recertification applications for January approval. Email documents to coordinator@yoga.ca.

November 5-26 E

Restore Your Pelvic Floor w/Val Spak. 7:00pm-8:00pm. \$80. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 6 O YAA

Teachers Showcase Series. Thursday at 8-9pm with Karmen Shennan (Edmonton) 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 www.yoga.ca/store. Ad p. 17.

Nov 7-Dec 5 E H

Chair Yoga w/Kim Jago. 11:00am-Noon. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

Nov 7 O

Monthly Meditation w/Rebecca Hung. 7:00pm-8:00pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 7-9, 2025 E

Meditation & Mindfulness Teacher Training , Level 1 with Tania Vazquez. SAMADHI: The path to a non-dualistic state of absorption and contemplation. <https://www.pranayogastudio.ca/events/event/meditation-training/>. 780-761-2226.

November 8 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Sun Salutations; Tantra & Mantra 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 www.yoga.ca/store. Ad p. 18-19.**

November 8-9 E

Expand & Explore Within – Forward Folds & Backbends w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

November 8-15 Mexico

YogaVOICE Retreat w/ Barbara Leah Meyer. All levels. \$695 + accom + travel. www.SOULandSONG.ca 780-935-6093

November 9 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Inversions; Subtle Body Anatomy 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 www.yoga.ca/store. Ad p. 18-19.**

November 15 & December 20 E

NEW Somatic Stress Release Workshop Series w/ Rebecca Hung. 2:00pm-4:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 20 O YAA

Teachers Showcase Series. Thursday at 8-9pm with Karmen Shennan (Edmonton) 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 www.yoga.ca/store. Ad p. 17.

November 21 E

Sound Bath & Restorative Yoga –w/ Marcus Fung & Melanie Checknita. 7pm-8:30pm. \$45. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

November 21-23 E

Advanced Anatomy Yoga Training with Jennifer Janvier. Explore holistic yoga alignment and how it works within the physical & subtle bodies as an integrated, unified system in this 25 hour training. \$459.00, Prana Yoga Studio, www.pranayogastudio.ca

November 22 E

Happy Hands & Feet w/Darria Hirsekorn. 1:00pm-2:30pm. \$30. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

November 26 E H

Shoulders in Balance – Stability & Strength w/ Lisa Workman. Explore the shoulder girdle and learn strategies to stabilize, strengthen, and release tension in arm-supported postures for a pain-free practice. 7–8:30pm. \$50 or 4 workshops for \$180. Yoga Within #302, 8135 102 St NW. (780)450-9642 www.yogawithin.ca

November 28-30, 2025. E

The Yoga of Embodied Sound: An immersion in Sanskrit and Mantra. Foundational and Indepth for those who are curious or love sacred yogic sound and the joy of chanting. Friday 4-8pm, Saturday 8am-5pm, Sunday 8am-5pm. \$495. www.mantrastudio.ca/yoga-of-embodied-sound. April Cantafio. 780-717-9198

November 28-30 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 www.yoga.ca/store. Ad p. 12.

DECEMBER 2025

December 2 O YAA

Teachers Showcase Series. Tuesday at 8-9pm with Jamie Babcock (High Prairie) 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 www.yoga.ca/store. Ad p. 17.

December 5 O

Monthly Meditation w/Rebecca Hung. 7:00pm-8:00pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

December 6 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Pranayama & Meditation Overview with Karen Hamdon. 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 www.yoga.ca/store. Ad p. 18-19.**

December 6-7 E

Expand & Explore Within – Twists & Side bends w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

December 7 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Special Concerns & Limitations with Karen Hamdon. 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 www.yoga.ca/store. Ad p. 18-19.**

December 16 O YAA

Teachers Showcase Series. Tuesday at 8-9pm with Jamie Babcock (High Prairie) 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 www.yoga.ca/store. Ad p. 17.

December 20 E

NEW Somatic Stress Release Workshop Series w/ Rebecca Hung. 2:00pm-4:00pm. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

Dec. 27, 2025 - January 3, 2026

Bahamas Yoga/Sailing Adventure w/Barbara Leah Meyer. All levels. \$2450 (sgl), \$3950 (dbl) + travel. www.SOULandSONG.ca. 780-935-6093

JANUARY 2026

January-February E

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

January-February E

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

January 2 O

Monthly Meditation w/Rebecca Hung. 7:00pm-8:00pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

January 4 E

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

January 6 -Onward Tuesdays O

Somatic Self Care Practice w/Rebecca Hung. 7:30pm-8:30pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

January 9-11 E

Advanced Alignment, Asana, & Pranayama with April Cantafio, Jennifer Janvier, and Sara Morris. Take your practice to the next level by learning powerful alignment tips to get you floating and flying with strength and grace in this weekend intensive.\$459. www.pranayogastudio.ca. 780-761-2226.

January 10-11 E

Expand & Explore Within – Mindfulness, Restorative & Self Practice w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

January 15-April 15 Kootenay Lake, BC.

Three-month residential Yoga Development Course. Yasodhara Ashram's immersion into authentic yoga and your own self-knowledge. Fees vary based on accommodation; includes meals, classes, satsangs, peaceful Kootenays, BC. yasodhara.org, info@yasodhara.org or 1-800-661-8711. Ad p. 22.

January 18 O YAA

50th Anniversary Showcase Series. Sunday at 10-11:30am with Sandra Sammartino on Zoom. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Reg. www.yoga.ca/store. Ad p. 2.**

January 21 E H

Hips That Move with You – Mobility & Flow w/ Lisa Workman. Gain insight into hip anatomy to ease tightness, build balanced strength, and move with greater fluidity in warrior, pigeon, and folds. 7–8:30pm. \$50 or 4 workshops for \$180. Yoga Within #302, 8135 102 St NW. (780)450-9642 www.yogawithin.ca.

January 24 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Preparatory Poses and Modifications with Mary LeBlanc. 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 after Jan 1st. Ad p. 18-19.**

January 25 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Basics, Equalizing Poses with Mary LeBlanc. 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 after Jan 1st. Ad p. 18-19.**

FEBRUARY 2026

February 3 O YAA

50th Anniversary Showcase Series. Tuesday with Leila Stuart at 7:00-8:30pm on Zoom. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register www.yoga.ca/store. Ad p. 2.

February 4-March 18 O

Advanced Yoga Philosophy with April Cantafio and Isabelle Addison. Explore yoga philosophy and how it brings ancient wisdom to life for direct application in our modern world. 6-9pm Online. www.pranayogastudio.ca. 780-761-2226.

February 6-8 E H YAA

Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$310 (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://www.yoga.ca/store> See ad p. 12.

February 6 O

Monthly Meditation w/Rebecca Hung. 7:00pm-8:00pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642 www.yogawithin.ca.

February 6-8 E

Advanced Sequencing with April Cantafio, Jennifer Janvier, and Jeanette Ward. Learn the art of sequencing for energetic balance in your home practice or public classes, including hot yoga, vinyasa yoga and holistic yoga styles. Friday-Sunday. \$459.www.pranayogastudio.ca. 780-761-2226.

February 7-8 E

Expand & Explore Within – Sequencing & Flow w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Information at www.yogawithin.ca.

February 21 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Standing Basics with Beth McCann. 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 after Jan 1st. Ad p. 18-19.**

February 22 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Seated Poses with Beth McCann. 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 after Jan 1st. Ad p. 18-19.**

February 25 E H

Knees for Life – Support & Resilience w/ Lisa Workman. Discover how to care for your knees in yoga postures, with tools to improve stability, relieve discomfort, and build long-term joint resilience. 7–8:30pm. \$50 or 4 workshops for \$180. Yoga Within #302, 8135 102 St NW. (780) 450-9642 www.yogawithin.ca.

MARCH 2026

March 1 YAA

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

March 1 YAA

Deadline for submission of ads and events for the Spring *Yoga Bridge Magazine*. Submission guidelines and details at yoga.ca/yoga-bridge-magazine.

March 6 O

Monthly Meditation w/Rebecca Hung. 7:00pm-8:00pm. \$21. Yoga Within #302, 8135-102 St. 780-450-9642. www.yogawithin.ca.

March 7-8 E

Expand & Explore Within – Balance, Core & More w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit website for more information. www.yogawithin.ca.

March 14 E H YAA

Core Curriculum Class - Immersion, TTP & Upgrading: Restorative Poses with Beth McCann. 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 after Jan 1st. Ad p. 18-19.**

March 13-15 E
The Yoga of Energy Balance & Healing with April Cantafio, Isabelle Addison, and Jennifer Janvier. Come explore the intricate connection between chakras (energy centres), nadis (energy pathways), sound (vibration medicine) and yogic philosophy and how these timeless teachings can promote balance and healing. Friday-Sunday, \$459. www.pranayogastudio.ca, 780-761-2226.

March 15 E H YAA
Core Curriculum Class - Immersion, TTP & Upgrading: Supine & Core Poses with Beth McCann.** 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 after Jan 1st. Ad p. 18-19.

March 24 O YAA
50th Anniversary Showcase Series. Tuesday at 7-8:30pm with Richard Miller** on Zoom. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Reg. www.yoga.ca/store. Ad p.2.

APRIL 2026

April 11 E H YAA
Core Curriculum Class - Immersion, TTP & Upgrading: Hip Openers 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 after Jan 1st. Ad p. 18-19.

April 11-12 E
Expand & Explore Within – Inversions (Child's pose, Down Dog, Dolphin, Headstand & More) w/ Melanie Checknita. Yoga Within #302, 8135-102 St. 780-450-9642. Visit www.yogawithin.ca.

April 12 E H YAA
Core Curriculum Class - Immersion, TTP & Upgrading: Forward Bends 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 after Jan 1st. Ad p. 18-19.

April 18 O YAA
50th Anniversary Showcase Series. Saturday at 10:30am-12pm with Kavindu on Zoom. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Reg. www.yoga.ca/store. Ad p. 2.

April 22 E H
Strong Spine, Flexible Back – Foundation of Movement w/ Lisa Workman. Learn how mindful awareness of spinal movement and core activation create stability and ease, enhancing flexibility and resilience. 7–8:30pm. \$50 or 4 workshops for \$180. Yoga Within #302, 8135 102 St NW. (780) 450-9642 yogawithin.ca.

April 24-26 E H YAA
Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$310 (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://www.yoga.ca/store> See ad p. 12.

MAY 2026

May 2 E H YAA
Core Curriculum Class - Immersion, TTP & Upgrading: Standing Balances with Donalee Campbell.** 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 after Jan 1st. Ad p. 18-19.

May 3 E H YAA
Core Curriculum Class - Immersion, TTP & Upgrading: Twists with Donalee Campbell.** 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 after Jan 1st. Ad p. 18-19.

May 9 O YAA
50th Anniversary Showcase Series. Saturday at 10-11:30am with Eric LeReste on Zoom. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Reg. www.yoga.ca/store. Ad p. 2.

May 23 O YAA
50th YAA Annual General Meeting (AGM) 10am-2pm with Annual Reports and Election of Executive Board, followed by Workshop with Doug Keller. Afternoon workshop is FREE for all YAA Members who attend the morning meeting. Register www.yoga.ca/store. Ad p. 2.

May 30-31 E H YAA
Teaching Skills Workshop – TTP & Upgrading with Karen Hamdon.** 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 after Jan 1st. Ad p. 18-19.

JUNE 2026

June 21 E H YAA
International Day of Yoga. Special 50th Anniversary program TBA.

JULY 2026

July 1 YAA
Deadline for Initial Certification and Recertification applications for September approval. Email documents to coordinator@yoga.ca.

July 8-12 E YAA
A Mindfulness Meditation & Gentle Yoga Retreat w/ Kavindu (Mexico) & Anita Sielecki. Wedn. 2:30pm-Sun 1pm. Providence Renewal Centre and live online. Info: Anita780-432-7152; sielecki@hotmail.com. Register YAA 780 427-8776 after Jan 1, 2026

AUGUST 2026

August 23 O YAA
50th Anniversary Showcase Series. Saturday at 10-11:30 am with Brea Johnson on Zoom. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Reg. www.yoga.ca/store. Ad p. 2.

More Dates TBC O YAA
50th Anniversary Showcase Series. Dates to be confirmed for: Lorin Roche/Camille Maurine, Sister Denise, Angela Farmer/Victor VanKooten and Father Joe Pereira. This special series showcases world-class teachers. Free for all YAA members in celebration of the YAA's 50th Anniversary. Zoom link will be noted on the registration receipt. Recordings available for Full and Lifetime Members. Register www.yoga.ca/store. Ad p. 2.

SEPTEMBER 2026

September 1 YAA
Deadline for submission of ads and events for the Autumn Yoga Bridge Magazine. Submission guidelines and details at yoga.ca/yoga-bridge-magazine.

September 18-20 E H YAA
Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$310(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://www.yoga.ca/store> See ad p. 12.

NOVEMBER 2026

November 1 YAA
Deadline for Initial Certification and Recertification applications for January approval. Email documents to coordinator@yoga.ca.

November 27-29 E H YAA
Exploring Yoga in Community: A retreat Experience; Asana, Pranayama, Meditation & Restorative Practices. \$310 (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://www.yoga.ca/store> See ad p. 12.



YOGA PROPS - BUY LOCAL!



PROPS STORE

Come to the YAA office and see our new cork products! They make a great addition to your practice and are great for the environment.

Cork mats measure 24" wide x 72" long. At 5mm thick, they provide both cushioning and stability. The backing is made of natural rubber, meaning the entire mat is made sustainably with renewable resources.

Cork blocks measure 6" wide x 9" long x 3" thick. Cork blocks are heavier than foam and thus can provide better stability.

Cork is a sustainable product sourced from the bark of cork oak trees. The harvesting of the bark does not harm the trees, and the trees will regenerate their bark over time. Harvesting bark is climate-friendly as cork trees absorb significantly more carbon dioxide during the regeneration process

Benefits of cork include:

- Eco-friendly, natural
- Durable and firm
- Recyclable
- Biodegradable
- Anti-microbial
- Non-slip texture and grip

Shop Canadian! Cork mats are from an independent Alberta company and cork blocks are sourced from a Canadian supplier. Most other props sold at the YAA at the right are made right here in Alberta or Canadian sourced.



Back by Popular

Demand!

**Discount prices for
YAA members will be
returning soon - check
our website: yoga.ca**

(780) 427-8776; WWW.YOGA.CA/STORE

PROPS WWW.YOGA.CA/STORE/



**Made in Alberta or sourced locally when possible.
Discount prices for members is returning - check our website!**

BLANKETS

Indian Blankets white, cotton \$58

BLOCKS - (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

Cork Blocks.....\$15

BOLSTERS Washable cover - Hand-made in Alberta with care; assorted fabrics/colours

Medium Oval: 9" diameter x 28" long..... \$89

EYEBAGS - Flaxseed, unscented, with washable cover \$15

JOY-A-TOES Soothing and healing stretch for your feet and toes (S, L)\$33

MALA BEAD NECKLACES Hand-crafted in Alberta.....\$108

MEDITATION

Crescent Shaped Cushions (Zafu): with washable cover \$59

MATS & CARRIERS

Cork Mats (locally sourced in AB).....\$80

Tapas Hugger Mugger®: Travel (68x24x 1/16").....\$23

Jade Voyager (68x24x16").....\$75

Jade Harmony Pro (68x24x3/16" & 74x24x3/16")..... \$134 / Price TBD

Jade XW Professional (80"x28").....Price TBD

Jade Organic Mysore Yoga Rug (72"x27")\$94

Jade Dharba Grass Med'n / Yoga Mat (72"x26").....\$65

Manduka® Pro (71x26x1/4" & 85x26x1/4").....\$142 / \$166

Manduka® Pro-Lite: (71x24x3/16").....\$112

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

PurAthletic Starter Mats assorted colours.....\$18

Nylon Mesh Mat Carriers.....\$18

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..... \$65

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

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