

YOGA ASSOCIATION OF ALBERTA TEACHER DIRECTORY

11759 GROAT ROAD, EDMONTON, ALBERTA T5M 3K6 (780) 427-8776; www.yoga.ca; yaa@yoga.ca

City	Last Name	First Name	Phone	Directory (For abbreviations see www.yoga.ca/directory.htm)	Location
Calgary	Agnew	Bud	255-3406	Teacher	S
Calgary	Aldous	Susi Hately	229-2617	BSc(K), YS, KB. Customized yoga therapy, teacher anatomy & asana.	A
Calgary	Amery	Frances	242-4244	Teacher	
Calgary	Andrews	Gayle	242-1837	YAA, RR. iRest Yoga Nidra Level 1	S W
Calgary	Archer	Marietta	226-5926	YAA	
Calgary	Balfour	Sappho	269-2940	YAA. Prenatal w/ emphasis pelvic floor awareness, strengthening,	N
Calgary	Besse	Glenna	283-8221	YAA. YogaWellnessWorkshops.com	N W
Calgary	Bobenic	Jodi	560-4421	YAA, YS. Hatha Yoga, Company:Vidayoga.	S
Calgary	Boettcher	Barbara	240-2833	Natural Balance Yoga Arts. Asana, meditation, philos., pranayama,	S W
Calgary	Bradley	Enid	764-4282	YAA, FK. Hatha Yoga.	
Calgary	Brown	Christine	234-7169	YS. Yoga Asana, corporate yoga, pranayama, www.om-sweet-om.ca.	D
Calgary	Carriere	Valarie	228-2588	Teacher	
Calgary	Cheng	Angela	278-6935	Teacher	
Calgary	Clark	Polly	202-1230	Teacher	
Calgary	Cleveland	Lorraine	695-9958	YAA, GK. Traditional hatha yoga.	N W
Calgary	Conacher	Shari Laine	850-1575	YCC. Asana, breath awareness, relaxation.	A
Calgary	Crawford	Linda	852-1673	CYT 2004, specializing in Therapeutic yoga, Yoga Thrive (2007 Train'g)	
Calgary	Crawford	Michelle	246-3499	YAA. The Lotus Garden-A Chakra balancing Series.	W
Calgary	DeSorcy	Lonnie	862-9334	YS,MRU-YT. Yogic tools & guidance for wellness, physical, mental &	W S U
Calgary	Dickinson	Jim	286-1499	YAA. Anusara, Ashtanga, Salt Spring, Maskie. Therapeutic, beg., adv.,	N W
Calgary	Dodd	Kathy	869-5323	YAA. Ten years of teaching experience.	S
Calgary	Donald	Jan	510-8400	Teacher/psychologist - private practice.	
Calgary	Downie	Barbara	249-6309	Mindfulness Meditation Facilitator, Stretch awareness Adv Yoga studies,	N W
Calgary	Dunbar	Bonnie	256-0382	YAA, FK, YAs. Healing hatha, alignment, breath, self awareness,	S
Calgary	Eastham	Barbara	287-0799	YAA. Asana, breath awareness, meditation, yoga nidra, yoga philosophy,	S W D
Calgary	Evans	Sonja	274-5621	YAA, YCC, IYAC. Certified Iyengar teacher. Junior Intermediate 1.	N W
Calgary	Fixler	Sharoni	975-9642	IYAC member, Yoga for Health, Iyengar Certified.	W S D

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Calgary	Ford	Dawn	277-7215	Hatha, hatha flow, vinyasa, pre/post natal, seniors & restorative.	D
Calgary	Galenza	Maria	455-6030	Teacher. Emphasis on alignment and breath, vinyasa flow sequences,	N W D
Calgary	Gerritzen	Rita	240-0809	YCC, RR. Gary Kraftsow Certified Viniyoga teacher.	W S
Calgary	Gosselin	Laurence	289-3880	YCC. Iyengar influenced, beginner and Level 1.	A
Calgary	Gotmy	Loretta	251-4427	Teacher	
Calgary	Harris-Freed	Anne	274-8251	Teacher, Iyengar Yoga, restorative & gentle yoga, yoga for 50+, men's	NW
Calgary	Hatala	Lillas	441-9959	YS. Iyengar influence, integrative restoration iRest. Customized	
Calgary	Hedstrom	Joan	247-8521	YAA	
Calgary	Helland	Shawna	269-2873	SA. Breath, anatomy & alignment, balanced practice, individual	S D
Calgary	Hong	Nancy	830-4570	YAA, YG, SVK. Hatha yoga, therapeutics, yoga for golfers, healthy backs.	A
Calgary	Hooper	Cheryl	283-2236	Exploratory, energetic, emphasizing breathing and alignment.	
Calgary	Horvath	Janos	289-0755	YAA-TTP	
Calgary	Imler	Cindy	256-4408	YAA-TTP. Staying in postures longer with support and non-striving allows	S SE
Calgary	Irvin	Michele	242-5352	YCC.	A
Calgary	Istvanffy	Claudia Frick	243-9541	YAA. Gentle yoga, breath awareness, iRest Yoga Nidra.	A
Calgary	Jensen	Susan	289-9121	The Yoga Gateway. 10+ tchrs: Hatha, restorative, backs, power, pre/post-	NW
Calgary	Jespersen	Marcy	275-2340	YAA. Calgary and Airdrie. Hatha yoga and Qi-Gong.	A
Calgary	Jobanputra	Manju	281-9535	YAA. Hatha yoga. Gentle stretching, postural alignment, breath	S W
Calgary	Kanomata	Donna	815-2662	YAA. Strength, stability, alignment, energetic, enthusiastic.	A
Calgary	Kavanagh	Maggie	225-0580	YS. The Yoga Haven. Hatha yoga, meditatio'n, restorative, private, relax'n,	S
Calgary	Kitchen	Margot	243-1078	YAA, IYAC. Sr Iyengar teacher/assessor, TTraining, workshops, Mexican	
Calgary	Kohlenberg	Pamela	255-2241	Yoga + pilates. Group & private classes. Retreats.	W S
Calgary	Kroll	Irene	471-3596	YAA.	A
Calgary	Kyliuk	Amber	701-9642	BA (kinesiology) E-RYT200, Ashtanga yoga, Critical Alignment Therapy &	
Calgary	Lamb	Georgia	807-1360	YAA. SOYA, R.R. Hatha yoga and meditation.	
Calgary	Linke	Angela	870-7589	Teacher	
Calgary	Lubig	Anna	239-0358	YAA. Iyengar	W C

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Calgary	Ludwig	Kathleen	284-0537	YAA. iRest Yoga Nidra, hatha yoga & meditation.	A
Calgary	Manji	Yasmin	281-1941	Offers complete yoga from numerous schools. 2 hr classes, asana,	S
Calgary	Martino	Sandy	366-9179	YAA, YS. Iyengar influence.	SW
Calgary	Maskey	Nora	277-6264	YAA, YCC, Anusara inspired. www.kiessentials.ca	NE C
Calgary	Maslen	Peggy	278-9487	YAA, YS. Hatha yoga, Iyengar influence, beg/int classes for adults and	S
Calgary	McAmmond	David	516-0335	YAA, YCC, YS, SVK. Restorative, asana, meditation, private	A
Calgary	McKenzie	Fiona	262-0765	YAA, YS. Yoga for fertility.	C SE
Calgary	McLennan	Sean	616-4360	YAA. Hatha Yoga.	A
Calgary	McMillan	Shirley	246-4158	YAA, YA. Focus is on embodied awareness with integration of mind, body	
Calgary	McNeil	Kim	560-2926	YS. Therapeutic yoga instructor from Yoga Thrive (Functional Synergy/U	
Calgary	McPherson	Brenda	259-5771	YG. Special interest in Fibromyalgia, chronic fatigue syndrome, m.s.,	
Calgary	Meditation Centre	BrahmaKumaris	209-2988	Meditation classes offered as a free community service.	D
Calgary	Michie	Erin	966-5168	YAA, SS Gentle, emphasis on breath, alignment, connection. iRest, yoga	A
Calgary	Minor	Holly	202-7490	YAA. Kids yoga, mindfulness based stress reduction, laughter &	A
Calgary	Montaner	Margarita	351-5672	YAA-TTP	
Calgary	Morel	Jean	208-1464	YAA. Hatha Yoga, Relax and Renew, bliss.	N W U
Calgary	Morrison	Glenda	244-5894	YAA. Soft vinyasa flow.	
Calgary	Nash	Newton	249-5920	YAA, YA. Hatha yoga, recognition.	E W C
Calgary	Nash	Kathy	249-5920	YAA, YA, RYT. Anusara influenced. Hatha Yoga with Kathy Nash.	W C S
Calgary	Nelson Keller	Teresa	289-7653	Certified in yoga fusion with 10 yrs. exp. teaching all levels and private	W S
Calgary	Nesta	Elaine	225-1444	CSYT Svaroopaa-Bliss;classes, wkshps, therapy, private sessions. www.	SE
Calgary	Ng	Brian	554-7913	YAA-TTP	
Calgary	Nogue	Rosemary	271-7810	YAA, CSYT, RYT500/Svaroopaa. Slow, supported, compassionate, release	E S
Calgary	O'Byrne	Suzette Marie	651-3569	YAA, BSc(K).EYT (YA) 500 level. Customized classes and private yoga	A
Calgary	O'Donnell	Ellen	287-1038	Teacher	
Calgary	Palahniuk	Cynthia	229-1951	BSc(K), IYAC, SVK, RR, YS. Iyengar cert'd, gentle restor've to intermed,	A
Calgary	Parrish	Shane	338-1211	Teacher	

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Calgary	Piet	Engeline	243-7127	FCJ Christian Life Centre, Christian meditation.	
Calgary	Piet	Janice	243-4361	YAA. Yoga for the Community. www.mobilityyoga.com	W S U
Calgary	Pors	Betty	280-1981	YAA, SA-AYS. Open to inner strength, alignment thru nourishing breath,	N W
Calgary	Prior	Nancy	585-1693	Teacher	E S
Calgary	Quan	Susan	270-8579	YAA,YCC,AFLCA. Easy relaxed classes - awareness through asana,	A
Calgary	Radha Yoga Centre	Bechtold, Suzanne	246-3997	Radha Yoga Centre. Hatha,Kundalini,dreams.satsang,sml classes.	
Calgary	Readwin	Denise	270-7295	YAA. Corporate & private classes.	N D
Calgary	Robbins	Trish	998-9642	YAA, YS, RR, IYAC(Intro II), YS-TTP. Better back, restorative, Iyengar,	A
Calgary	Romberg	Mirta	258-3011	Sunshine Yoga - Raja Yoga, Himalayan Trad., YA - teacher training.	W S
Calgary	Ross	Barbara	243-9697	YAA, IYAC, YA. Yoga and Meditat'n Centre of Calgary, located in Marda	W S
Calgary	Savill	Michael	454-9126	YAA. Active Hatha yoga with attention to energy and breath.	NE
Calgary	Sereda	Caroline	815-4878	The Anusara system informs my teaching. Connect, engage, and express	W C S
Calgary	Serpico	Anna	274-3527	YAA	
Calgary	Sharma	Skjei	809-8809	YAA,IYAC (intro II). Ayurvedic Practioner, specialized in pre/post natal &	A
Calgary	Suver	Livia	608-1606	CSYT, RYT500. Classes, wkshps, Svaroopaa yoga therapy, private	S W
Calgary	Tataryn	Donna	255-2620	YAA. Hatha yoga, breath awareness.	W
Calgary	Townsend	January	255-6805	YAA.	A
Calgary	Tritter	Nicole	257-7085	YAA-TTP	
Calgary	Tweten	Sheryl	257-5306	YAA, YG. Hatha yoga, breath awareness, meditation, relaxation.	S
Calgary	White	Adair	242-5660	YAA-TTP	
Calgary	Yoga Studio North (VPetrich)		286-6161	Drop-in/registered, restorative, Power, Iyengar influence, meditat'n, natal,	N
Calgary	Yoga Studio SouthRob Walker		228-5808	Walker. 15 tchrs (IYAC, YS, YSCC) Iyengar, drop-in, regist., fusion,	W S D