

# 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	Aldous	Susi Hately	229-2617	BSc(K), YS, KB. Customized yoga therapy, teacher anatomy & asana.	A
Calgary	Andrews	Gayle	242-1837	YAA, RR. iRest Yoga Nidra Level 1	S W
Calgary	Balfour	Sappho	269-2940	YAA. Prenatal w/ emphasis pelvic floor awareness, strengthening,	N
Calgary	Besse	Glenna	283-8221	YAA, ERYT, Hatha yoga, on-site & comm. classes,	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	Chamberlain	Pam	245-0552	YAA-TTP	
Calgary	Cleveland	Lorraine	695-9958	YAA, GK. Traditional hatha yoga.	N W
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.	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	YAA. Mindfulness Meditation Facilitator, Stretch awareness Adv Yoga	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	Gerritzen	Rita	240-0809	YAA, YCC, RR. Gary Kraftsow Certified Viniyoga teacher.	W S
Calgary	Harris-Freed	Anne	274-8251	Teacher, Iyengar Yoga, restorative gentle yoga, yoga for 50+.	NW U
Calgary	Hatala	Lillas	441-9959	YS. Iyengar influence, integrative restoration iRest. Customized	
Calgary	Hong	Nancy	238-4570	YAA. TYG. Hatha, Iyengar influence, yoga for golfers, therapeutics,	A
Calgary	Imler	Cindy	256-4408	YAA-TTP. Staying in postures longer with support and non-striving allows	S SE
Calgary	Istvanffy	Claudia Frick	243-9541	YAA. iRest Yoga nidra.	NW
Calgary	Jespersen	Marcy	275-2340	YAA. Calgary and Airdrie. Hatha yoga and Qi-Gong	N W
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	S W
Calgary	Kroll	Irene	471-3596	YAA.	A

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Calgary	Lamb	Georgia	807-1360	YAA. SOYA, R.R. Hatha yoga and meditation.	
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	Maslen	Peggy	278-9487	YAA, YS. Hatha yoga, Iyengar influence, beg/int classes for adults and	S
Calgary	McKenzie	Fiona	262-0765	YAA, YS. Yoga for fertility.	D
Calgary	McMillan	Shirley	246-4158	YAA, YA. Focus is on embodied Awareness with integration of mind,	D W S
Calgary	McNeil	Kim	234-8969	Teacher	N W
Calgary	Meditation Centre	BrahmaKumaris	209-2988	Meditation classes offered as a free community service.	D
Calgary	Michie	Erin	283-5168	YAA, SS Gentle, emphasis on breath, alignment, connection. iRest non-	A
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 S
Calgary	Nash	Kathy	249-5920	YAA, YA, RYT. Anusara influenced. Hatha Yoga with Kathy Nash.	W S
Calgary	Nesta	Elaine	225-1444	200 hr. Svaroopaa style, meditative, supported, suitable for everyone.	SE:
Calgary	Nogue	Rosemary	271-7810	YAA, CSYT, RYT500/Svaroopaa. Slow, supported, compassionate, release	SE
Calgary	O'Byrne	Suzette Marie	651-3569	YAA, BSc(K). Customized classes and private yoga therapy.	A
Calgary	Palahniuk	Cynthia	229-1951	BSc(K), SVK, YS, IYAC,RR. Iyengar cert'd, therapeutics, backs,	A
Calgary	Pereira	Dina	720-8700	YAA, FK. Hatha yoga, body awareness, stretches, asanas, meditation,	E W S
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	Quan	Susan	270-8579	YAA, YCC, AFLCA. Breathe, sense, move, intuit, express, rest, refresh.	A
Calgary	Radha Yoga Centre	Bechtold, Suzanne	246-3997	Radha Yoga Centre. Hatha, Kundalini, dreams, satsang, sml classes.	All
Calgary	Robbins	Trish	998-9642	YAA, YS, RR, IYAC(Intro II). Better back, restorative, Iyengar, privates.	A
Calgary	Romberg	Mirta	258-3011	Sunshine Yoga - Raja Yoga, Himalayan Trad., Yoga, Meditation &	W S
Calgary	Ross	Barbara	243-9697	YAA, IYAC, YA. Yoga and Meditat'n Centre of Calgary, located in Marda	W S
Calgary	Sereda	Caroline	815-4878	Teacher The Anusara system informs my teaching. Connect, engage,	N W S
Calgary	Sharma	Skjei	809-8809	YAA, IYAC (intro II). Ayurvedic Practitioner, specialized in pre/post natal &	A
Calgary	Suver	Livia	608-1606	CSYT, RYT500. Classes, wkshps, Svaroopaa yoga therapy, private	N W
Calgary	Tataryn	Donna	255-2620	YAA. Hatha yoga, breath awareness.	W S
Calgary	Townsend	January	202-7263	YAA.	A

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Calgary	Tweten	Sheryl	257-5306	YAA, YG. Hatha yoga, breath awareness, meditation, relaxation.	S