

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
Edmonton	Agrios	Susan	905-9930	Only fitness trainer in North America with advanced Yoga Nidra Training.	S W D
Edmonton	Allen	Cathy	436-8349	YAA-TTP	
Edmonton	Ayre	Sandy	474-4536	YAA-TTP	
Edmonton	Bardoel (Mclaughlin)	Rosalie	907-2341	FK. Leduc. Hatha, pranayama, Okido yoga, beginner and intermediate.	W
Edmonton	Belair	Karen	437-0510	YAA. BREATH, balance, strength, relaxation, awareness, fun!	D N
Edmonton	Bell-Hiller	Audrey	463-9944	YAA. Hatha yoga, alignment, balance, mind/body/breath,flexibility,relax'n,	W
Edmonton	Belostotsky	Marina	487-4341	YAA. Hatha yoga, beginners, intermediate, ashtanga yoga for beginners.	W
Edmonton	Bliss	Tamara	483-0491	YA RYT200. Hatha vinyasa flow, Shiva Rae influence, relax & restore,	S U D
Edmonton	Boehm	Kat	453-5056	YAA. Body awareness, alignment, breath. flow & pre/post natal,	U D
Edmonton	Bowker (YogaDen)	Valerie	433-4048	YAA,YS. The Yoga Den. Ashtanga, hatha, gentle yoga,prenatal,kids yoga,S	
Edmonton	Bradshaw	Rebecca	720-3590	YAA, RYT, YFT, SIV. Hatha & private. Small, intimate classes in	S
Edmonton	Bram	Frema	465-4668	Family Yoga Centre:YAA, IYAC. IYAC member. www.familyyoga.ca	S
Edmonton	Brese	Marjorie	468-5235	YAA. Small classes & private sessions. Emphasis on self-awareness.	
Edmonton	Briker	Yevgenia	909-0413	YAA. Hatha with Iyengar influence,music,relaxation,breathing practices.	W
Edmonton	Bustin	Jennifer	439-6950	YAA. Belgravia Comm Hall & U of A. Strength, stability, and alignment.	U
Edmonton	Cassady	Edie	466-6548	FK. Traditional Hatha Yoga, Vini Yoga , Okido, Kundilini, Yin Yang	SE
Edmonton	Chavda	Bhavisha	884-4238	YFT.Vinyasa style, hatha yoga,international.	S D
Edmonton	Checknita	Melanie	499-6456	YAA, GK, DS, Darby, Clarfield. Hatha, Ashtanga, seniors, kids, prenatal,	E S U
Edmonton	Christianson	Anita	271-1609	YAA. Yoga for everyday life; body, mind, spirit awareness, prenatal,	N
Edmonton	Cramer	Gisele	436-7721	YAA. Hatha yoga, gentle stretching, strength, body alignm't, fun.	U
Edmonton	Cullen	Anita	486-9637	Iyengar Yoga Cert. (UK), member of IYAC, asana work in the Iyengar	S
Edmonton	Daruda	Nicole	905-5139	YAA-TTP	
Edmonton	Dombro	Lawrence	436-4055	YAA. FK. Hatha yoga, pranayama, mudras, meditation and philosophy.	S D
Edmonton	Dumont	Linda	428-0805	YAA, FK. YAA senior teacher, traditional ashtanga, power, & hatha dance.	N D
Edmonton	Duxbury	Isa	732-7860	YAA, FK. YAA Senior Teacher, 34 years exp.,TT,hatha yoga, body	N W
Edmonton	Eder	Carole	474-7169	YAA, FK. Asana, relaxation, restorative.	N
Edmonton	EdmYoga Studio	KenStrachan	457-9707	BS, FK, DS. Edmonton Yoga Studio. Hatha yoga, Iyengar influence,	N E W

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Edmonton	Enfield	Leala	982-2226	Prana Yoga Studio. Vinyasa flow, Hatha, Therapeutic, pre/postnatal, teen, W	
Edmonton	Fahlman	Lynne	434-5148	YAA, FK.	D S
Edmonton	Fairhurst	Betty	423-3414	YAA. Mind, body, breath connection, alignment, form, focus, strength,	N W D
Edmonton	Fairless	Amy	433-4105	YAA, YA, SOYA, RYT-500. Hatha yoga for all levels, classes for seniors,	S
Edmonton	Fedun	Carol	447-2277	YAA. Gentle asana, mindfulness, relaxation, body-breath awareness.	S
Edmonton	Ferguson	Henri	428-5202	SS. Sapta Yoga, hatha yoga, core strength, yoga for seniors.	A
Edmonton	Fisher	Carlean	432-3363	YAs. Hatha Yoga-Hidden Lang., reflection, Kundalini, dream, Divine Light, S U	
Edmonton	Fodchuk	Anna	405-3027	Integrative Yoga Therapy. Teacher. Hatha yoga. Prof. Yoga Therapy	S
Edmonton	Foster	Rachel	906-1912	YAA, YFT, RR. Pre-natal, hatha-all ages, health professional, Riverbend.	S
Edmonton	Frances	Anne	434-7872	YAA. Gentle stretching to rediscover body, mind and breath.	S D
Edmonton	Gagnon	Kathleen	451-4344	YAA, TY, YA. Vinyasa flow, prenatal. W.D.	W D
Edmonton	Galbraith	Sylvia	455-6741	YAA, FK. Traditional, hatha yoga, asanas, pranayama, relaxation, beg,	D W N
Edmonton	Giammarioli	Renee	431-1916	YAA. Body aw. & alignm't, pre/postnatal, Reg. Physical Therapist,	S U
Edmonton	Grant	Natalie	298-2889	YAA. Hatha yoga, prenatal yoga, method pilates.	S
Edmonton	Haggard	Neil	434-2787	YAA. Yoga for athletes at the Yoga Den 780-432-4449.	S U
Edmonton	Hamdon	Karen	489-5920	YAA, FK. Conscious Yoga , traditional hatha yoga, meditat'n, pranayama. W U	
Edmonton	Hargreaves	Sarah (Satchi)	430-9560	KY, PR. Loving, meditative, non-dual, breath, sensing.	E
Edmonton	Hastings	Sara	405-1678	TY, YA. Divine Oasis Studio. Vinyasa flow, ashtanga, restorative, pre/post S	
Edmonton	Haverkort	Caroline	432-2168	YAA-TTP. Advanced Yoga Nidra/iRest training (Richard Millar;info www.	
Edmonton	Heyes	Cressida	482-1526	YAA.www.bodymindyoga.ca for info on Body-Mind Yoga.	U D
Edmonton	Hoffmann	Angelika	466-9013	YAA. Yoga for Stiffs.	D E
Edmonton	Hook	Janette	475-1751	YAA, RR, IYTTP Edm, Janice Clarfield prenatal cert (2005).	N S
Edmonton	Hyndman	Teddy	436-1320	YAA, IYAC, 25+ yrs. teaching, TTP advisor, MS yoga, YAA past	U
Edmonton	Inskip	Robin	435-1701	YAA. Gentle support for body and soul. robin.inskip@gmail.com	A
Edmonton	Irwin	Alison	439-9045	YAA, Viv. Meditation, body awareness, pranayama, asana, children.	N
Edmonton	Jalkanen	Nita	477-2834	YAA, GK, FK. Traditional Hatha yoga.	D
Edmonton	Jeong	Julie	433-5960	YAA. To cultivate awareness of the moment through breath, asanas &	S N

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Edmonton	Johnson	Rene	455-4149	YA. <i>Shanti Yoga Studio</i> . Ashtanga, Vinyasa flow, YIN yoga.	D
Edmonton	Jones	Melanie	485-1069	YAA, EYS, FK, Siv. Monique Monnard. BA Honors Dance – U of	S U D
Edmonton	Kantor	Sylvia	447-5965	YAA. Hatha and restorative yoga, breath awareness.	W D
Edmonton	Kendal	Julia	423-0380	YAA. Basic hatha yoga, kundalini yoga, okido yoga, Senior teacher with	N S D
Edmonton	Khattab	Friedel	466-6335	YAA, Friedel Khattab School of Yoga. Intern'l techn'q, traditions learned	D S
Edmonton	Khattab	Lillian	465-6877	FK. Hatha yoga systems, breathing, meditat'n, relax'n, 12-day intensives.	S E W
Edmonton	Kirkwood	Karen	450-4755	YAA-TTP. Raja yoga, karma yoga, meditation.	
Edmonton	Kitzman	Walter	436-1491	YAA-TTP	
Edmonton	Langenberg	Marcia	436-3767	YAA, SS, Rosemary Antze, Desikachar. Asanas, breath, meditation,	S U
Edmonton	Liu	Diana	435-9915	YAA-TTP. Relaxation, breath awareness, gentle stretching to warm up,	S
Edmonton	Lobkowitz	Susan	469-9075	YAA-TTP, HI. Gentle hatha yoga, breath awareness.	N D
Edmonton	Lucy	Fay	472-0570	YAA, FK, PYC. Ownership, responsibility through breath, body,	S
Edmonton	Mamer	Dawn	483-4940	YAA, DM. Breath awareness, asanas, strength, flexibility, relax'n.	W
Edmonton	Marvin	Marlene (Sams)	455-1907	FK. Yogasize (cardio fitness, resistance, back. EX. Hatha) Beg-Int..., 50+,	
Edmonton	McCann	Beth	434-0741	YAA, SS. Yoga with attention to alignment, breathing, meditation,	S
Edmonton	McLennan	Linda	430-7694	YAA-TTP.	
Edmonton	McNally	Corinne	473-8762	YA, TY. Vinyasa flow, restorative, ashtanga, hatha, breath, pre/post natal, A	
Edmonton	McNichol	Chantelle	454-9220	TY.	S D
Edmonton	Meditation Ctre	BK	425-1050	Meditation classes offered as a free community service.	D
Edmonton	Meyer	Elfriede	486-1643	YAA, YAs. Yoga therapy. Asana, breath awareness, meditation.	W
Edmonton	Milne	Barbara	469-8601	YAA, FK, YFT. Hatha yoga, breathing, med'n, relax'n, promote creativity & A	
Edmonton	Milroy	Corinne	440-4633	YAA, IYAC-TT.	A
Edmonton	Mirus	Judith	433-0405	YAA, IYAC. Patanjali's eight limbs according to B.K.S. Iyengar, asana	S U
Edmonton	Misztal	Krystyna	430-8138	YAA.	S ...
Edmonton	Moffatt	Rob	420-6425	Hatha, ashtanga, trained in Edm., Calg. & India.	U D S
Edmonton	Muirhead	Christine	452-9388	Yoga classes. www.stillpointhealing.com, hatha, meditation	D
Edmonton	Murphy	Judy	430-7562	YAA. Hatha yoga. Body, breath awareness, flexibility, strength, relaxation.	U D W

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Edmonton	Oxford	Gaye	433-5172	SS, RM, DM. Privates, mindful exploration, health issues, nursing	W
Edmonton	Palaschuk	Anne	463-3801	YAA. Pre-natal, beginner classes, Level 1 & 2 hatha, post natal.	S E D
Edmonton	Paré	Denise	454-9696	FK. Postures, breathing and meditation (traditional hatha yoga).	W D
Edmonton	Parker	Leanna	910-8927	YAA-TTP.	
Edmonton	Parr	Sandra	453-6037	YAA. Kriya yoga, Ayurveda, EFT. Feeling awareness, medit'n,	N W
Edmonton	Penny	Virginia	454-7327	YAA-TTP. Focus on energy work, individualized approach.	W D
Edmonton	Pereira	Dina	429-1554	YAA, FK. Hatha yoga, body awareness, stretches, asanas, meditation,	N E D
Edmonton	Petruch	Kurt	465-9422	YAA,YFT,DS.	A, Fort
Edmonton	Peyrow (YogaLoft)	Rameen	433-8999	Ashtanga Yoga, Yin Yoga, Sattva Yoga, meditation.	U
Edmonton	Radyo	Anna	439-5196	YAA, SS. Meditative, self-awareness, breath focus, energy focus with	S U
Edmonton	Reynolds	Beth	434-4281	YAA, RR. Advanced restorative yoga, privates or small group. Hatha yoga	S
Edmonton	Richmond	Lisa	908-2201	YA200. Hatha, restorative, flow, for runners, pre natal, for teens.	A
Edmonton	Robinson	Dorothy	461-9615	FK.	SE
Edmonton	Romano	Michelle	710-4574	YAA. Restorative, stress relief, breath work, meditation.	Morinv ...
Edmonton	Schouten	Mary Janet	436-5181	YAA-TTP.	
Edmonton	Schroder (Fitzgerald)	Krysta	497-7148	YAA. Iyengar influence, alignment, strength & stability, & pre/postnatal.	D A U
Edmonton	Scott	Keely	469-5419	YAA. Hatha yoga, balance mind/body/breath & alignm't aw., stability,	D
Edmonton	Shimko	Janie	478-0246	Hatha yoga, Pilates, breathing, meditation and core strength.	N
Edmonton	Sielecki	Anita	432-7152	YAA, SS. Body awareness, breath, spirituality, asana, alignment.	U
Edmonton	Sran	Satwinder	457-6639	KRI. Any age, postures, breath, sound, mantra & medit'n to prepare	E
Edmonton	Steed	Jennifer	451-5422	Prana vinyasa flow, restorative flow, hatha yoga.	W
Edmonton	Stephens	Sandra	909-6040	YAA. Yoga asana, breathwork, meditation,. Sandra.stephens@shaw.ca	S U
Edmonton	Stralak	Karen	468-2687	YAA Begiinner hatha.	S
Edmonton	Taylor	Terri	432-3363	YAs, RYC. Gentle hatha, meditation, Hidden Language hatha, Kundalini,	U D S
Edmonton	Thornton	Beverley	709-4426	YAA-TTP.	
Edmonton	Ursuliak	Zena	472-7733	YAA, PYC, ICYER. Dakini yoga, all levels, pre/post natal, yoga therapy,	A
Edmonton	Ustina	Melanie	479-2641	YAA,TY. Level 3.	

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Edmonton	Vaudan	Linda	430-0827	YAA-TTP	
Edmonton	Vogelaar	Ryan	475-9642	YFT. Ananda Yoga Shala, hatha yoga, ashtanga, prenatal.	N E D
Edmonton	Ward	Jeanette	634-4350	YAA. Hatha, all levels, gentle, restorative, pranayama, medit'n. Private	S
Edmonton	Wasserfall	Melissa	432-8131	YAA. True Yoga Studio. Ashtanga, vinyasa flow, 11 years teaching exp..	S
Edmonton	Whitehead	Val	458-9208	YAA-TTP. Hatha, Yoga Nidra.	N St
Edmonton	Willard	Shirley	487-7547	YAA. Hatha Yoga, breath, asana. Devon.	U D
Edmonton	Wilson	David	455-0318	YAA, YCC. Hatha, Breath Therapist, Voice instructor, cellular memory	W
Edmonton	Winton	Shelley	452-5759	YAA. Gentle yoga asanas, Hakomi, breath awareness, inner adventure,	W U
Edmonton	Yapp	Paul	456-5777	YAA, GK. Hatha yoga, Kundalini, Raja, pranayama, Qi (chi) Gong, Tai	A