

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	Allen	Cathy	436-8349	YAA, IYAC member.	S
Edmonton	Ayre	Sandy	474-4536	YAA, hatha, vinyasa flow, yoga for athletes, prenatal	A
Edmonton	Bardoel (McLaughlin)	Rosalie	907-2341	FK. Leduc. Hatha, pranayama, Okido yoga, beginner and intermediate.	N W
Edmonton	Bartkus	Gloria	465-5598	YAA - TTP	
Edmonton	Beattie	Sandra	633-4533	YAA-TTP	
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	Bittorf	Treva	918-8697	FK, YAA-TTP. Linking breath to movement in various styles of hatha	A
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 yoga, Traditional	U D
Edmonton	Bowker (YogaDen)	Valerie	432-4449	YAA,YS. The Yoga Den. Ashtanga, hatha, gentle yoga,prenatal,kids yoga,S	
Edmonton	Bram	Frema	465-4668	Family Yoga Centre-Yoga in the Iyengar tradition:YAA, IYAC. IYAC	S
Edmonton	Brisson	Roxane	994-6369	RYT200,IYT. Hatha, hatha flow, stress reduction.	N
Edmonton	Bunton	Catherine	461-5410	FK. Traditional hatha yoga & breathing, beg, Inter. level. AM and PM incl.	
Edmonton	Bustin	Jennifer	439-6950	YAA. Belgravia Comm Hall & U of A. Strength, stability, and alignment.	S U
Edmonton	Cassady	Edie	466-6548	YAA. FK,YAA,AHS. Traditional Hatha Yoga, Vini Yoga , Okido, Kundilini,	S
Edmonton	Checknita	Melanie	499-6456	YAA, GK, DS, Darby, Clarfield. Hatha, Ashtanga, seniors, kids, prenatal,	E S
Edmonton	Christianson	Anita	298-1410	YAA. Yoga for everyday life; body, mind, spirit awareness, prenatal,	S
Edmonton	Cowper	Lillias	488-5608	Svaroopaa yoga.	
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	Cuthbert	Karen	455-4025	YAA. Teacher, hatha yoga, chair yoga, yin yoga.	N W U
Edmonton	Davidson	Michelle	996-1476	Hatha, Yoga Flow/Registered yoga teacher & Yoga Alliance	N S
Edmonton	Dul	Kari	435-4881	YAA - TTP	
Edmonton	Dumont	Linda	428-0805	YAA, FK. YAA senior teacher, traditional ashtanga, power, & hatha dance.	D
Edmonton	Duxbury	Isa	732-7860	YAA, FK. YAA Senior Teacher, 34 years exp.,TT,hatha yoga, body	W D
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
Edmonton	Fahlman	Lynne	434-5148	YAA, FK.	D S

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Edmonton	Fairhurst	Betty	423-3414	YAA. Mind, body, breath connection, alignment, form, focus, strength,	A
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 D
Edmonton	Ferguson	Henri	428-5202	SS. Sapta Yoga, hatha yoga, core strength, yoga for seniors.	N E S
Edmonton	Fisher	Carlean	432-3363	YAs. Hatha Yoga-Hidden Lang., reflection, Kundalini, dream, Divine Light,	S D
Edmonton	Fodchuk	Anna	405-3027	IYT. Hatha yoga teacher. Yoga Therapist.	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	984-0781	YAA, RYT. Vinyasa flow, prenatal. W.D, yoga therapy.	D
Edmonton	Galbraith	Sylvia	455-6741	YAA, FK. Traditional, hatha yoga, asanas, pranayama, relaxation, beg,	D
Edmonton	Haggard	Neil	434-2787	YAA. Traditional hatha yoga for beginners, intermediate, & athletes, Yoga S	S
Edmonton	Hargreaves	Sarah (Satchi)	430-9560	KY, PR. Loving, meditative, non-dual, breath, sensing.	E
Edmonton	Hastings	Sara	405-1678	TY, YA. Vinyasa flow, ashtanga, restorative, pre/post natal, Yoga Kids	S W
Edmonton	Haverkort	Caroline	297-9642	YAA. Connecting body, mind, breath, body sensing, flow. Yoga	A
Edmonton	Hoffmann	Angelika	466-9013	YAA. Yoga for Stiffs.	E
Edmonton	Hook	Janette	475-1751	YAA, RR, IYTTP Edm.	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 N
Edmonton	Jeong	Julie	433-5960	YAA. To cultivate awareness of the moment through breath, asanas &	S
Edmonton	Johnsen	Ann	288-3414	Teacher	
Edmonton	Johnson	Rene	421-9444	YA, YW-TT. <i>Shanti Yoga Studio</i> . Ashtanga, YIN yoga, hatha, prenatal.	D N E
Edmonton	Johnston	Michelle	951-6474	YAA.	
Edmonton	Jones	Melanie	485-1069	YAA, EYS, FK, Siv. M. Monnard. BA Honors Dance – U of Waterloo.	S U D
Edmonton	Kantor	Sylvia	447-5965	YAA. Hatha and restorative yoga, breath awareness.	A
Edmonton	Kendal	Julia	423-0380	YAA. Basic hatha yoga, kundalini yoga, okido yoga, Senior teacher with	N S
Edmonton	Khattab	Friedel	466-6335	YAA, Friedel Khattab School of Yoga. Intern'l techn'q, traditions learned	N S
Edmonton	Kim	Megan	435-8427	YAA-TTP	S
Edmonton	Kirkwood	Karen	450-4755	YAA-TTP. Raja yoga, karma yoga, meditation.	

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Edmonton	Klasson	Robin	901-9907	Teacher	A
Edmonton	Kozak	Tatjana	462-3475	YAA-TTP,YFT. Hatha yoga.	
Edmonton	Langenberg	Marcia	436-3767	YAA, Rosemary Antze -,Desikachar lineage. Sutras, asanas, pranayama,	S U
Edmonton	Linaker	Launa	904-5949	RYT200, AFLCA. Mind body specialist. Retreats in Canmore.	S
Edmonton	Liu	Diana	435-9915	YAA Relaxation, breath awareness, gentle stretching to warm up, asana.	S
Edmonton	Lobkowicz	Susan	469-9075	YAA, HI. Hatha yoga for mind-breath-body awareness done in HI tradition.	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 D
Edmonton	Marvin	Marlene (Sams)	455-1907	FK. Yogasize (cardio fitness, resistance, back. EX. Hatha) Beg-Int., 50+,	W D
Edmonton	McCann	Beth	434-0741	YAA, SS. Yoga with attention to alignment, breathing, meditation,	S ..
Edmonton	McClary	Maryon	436-5522	YAA, IYAC-TT.	S U
Edmonton	McNally	Corinne	473-8762	YA, TY. Vinyasa flow, restorative, ashtanga, hatha, breath, pre/post natal,	W S U
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	Migorska	Anna	757-0390	YAA-TTP	S
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.	S U D
Edmonton	Mirus	Judith	433-0405	YAA, IYAC. Patanjali's eight limbs according to B.K.S. Iyengar, asana	S U
Edmonton	Moynes	Janet	473-1068	Hatha flow, hot Vinyasa, Fusion, spiritual practice.	St. .
Edmonton	Murphy	Judy	430-7562	YAA. Hatha yoga. Body, breath awareness, flexibility, strength, relaxation.	U D S
Edmonton	Palaschuk	Anne	463-3801	YAA. Pre-natal, beginner classes, Level 1 & 2 hatha, post natal, yin yoga.	E W S
Edmonton	Papirnik	Patti	474-5193	YAA-TTP	
Edmonton	Parker	Leanna	910-8927	YAA-TTP, IYAC-TTP	
Edmonton	Parr	Sandra	453-6037	YAA. Kriya yoga, Ayurveda, MTT. Energy awareness, medit'n,	N E
Edmonton	Penny	Virginia	454-7327	YAA. Focus on energy work, individualized approach.	W D
Edmonton	Petruch	Kurt	465-9422	YAA,YFT,DS.	A
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	758-2122	YA200. Hatha, restorative, flow, for runners, pre natal, therapeutic. +St.	A
Edmonton	Robinson	Dorothy	461-9615	FK.Hatha yoga, pranayama, relaxation, meditation	SE

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Edmonton	Roussil	Helene	454-5231	YAA, RMT. Flowing hatha yoga.	A
Edmonton	Sagan	Julie	423-3999	Certified Bikram Method Yoga Instructor, Studio Director	
Edmonton	Scott	Keely	469-5419	YAA. Himalyan tradition, 8 yrs teaching. Stability, mobility & relax'n.	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 D
Edmonton	Solis Wellness Yoga	Secord Carol	452-4424	YAA-TTP. Hatha yoga classes, Viniyoga, beginner & interm., gentle yoga.	E
Edmonton	Stephens	Sandra	909-6040	YAA. Yoga asana, breathwork, meditation,. Sandra.stephens@shaw.ca	S U
Edmonton	Stralak	Karen	468-2687	YAA Beginner hatha & hatha.	S
Edmonton	Taylor	Terri	432-3363	YAs, RYC. Gentle hatha, meditation, Hidden Language hatha, Kundalini,	
Edmonton	Thornton	Beverley	709-4426	YAA-TTP	
Edmonton	Tyess-Smith	Lakshmi	406-4247	SS. Gentle hatha yoga.	N
Edmonton	Ursuliak	Zena	472-7733	YAA, PYC, ICYER, SOYA. Dakini yoga, all levels, pre/post natal, yoga	N E S
Edmonton	Ustina	Melanie	479-2641	YAA, TY	
Edmonton	Vogelaar	Ryan	475-9642	YFT. Ananda Yoga Shala, hatha yoga, ashtanga, prenatal.	
Edmonton	Ward	Jeanette	634-4350	YAA, YA. Hatha, all levels, gentle, restorative, pranayama, medit'n.	S
Edmonton	Wasserfall	Melissa	432-8131	YAA. True Yoga Studio. Ashtanga, vinyasa flow, 11 years teaching exp..	S
Edmonton	Wildman	Francesca	484-1476	YAA. Hatha yoga pranayama-conscious yoga. All ages, all levels.	W D
Edmonton	Wilson	David	455-0318	YAA, YCC. Hatha, Breath Therapist, Voice instructor, cellular memory	A
Edmonton	Winton	Shelley	452-5759	YAA, DM. Gentle mindful yoga, breath, body/mind connection, Hakomi,	W D
Edmonton	Yapp	Paul	456-5777	YAA, GK. Hatha yoga, Kundalini, Raja, pranayama, Qi (chi) Gong, Tai	A
Edmonton	Zapata	Jessica	436-0002	Variety of yoga styles and practices in a private, welcoming studio.	S