

# 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                      |
|--------------------------------|-----------|--------------|----------|--|-------------------------------|
| <b>Airdrie</b>                 | Forster   | Rhonda       | 948-0712 | YAA, YCC. Airdrie. Hatha yoga, prenatal yoga , gentle yoga.  |                               |
| <b>Athabasca</b>               | Husch     | Martin       | 675-3958 | Teacher  |                               |
| <b>Athabasca (Island Lake)</b> | Cheshire  | Pat          | 675-2271 | YAA, FK. Breath awareness, asana, relaxation & meditation.   |                               |
| <b>Banff</b>                   | Douglas   | Anne         | 762-5112 | KY. Advita medita'n, chakras, yoga therapy,retreats, iRest-Yoga Nidra.   | A                             |
| <b>Barrhead</b>                | Baker     | Richard      | 674-7576 | YAA, IYAC. Asana, meditation, body awareness, pranayama. r_baker@telus.net <b>Westlock, Family Yoga Centre (Edm)</b>                 | Westlock                      |
| <b>Beaumont</b>                | Garvey    | Tracy        | 955-3782 | YAA, FK. Yin - Bernie Clarke, Okido - Mizue Tamaki. <b>County of Leduc</b>   | S,<br>Leduc,<br>Devon         |
| <b>Beaumont</b>                | Moseley   | Nanette      | 712-6520 | YAA-TTP, YA 500hrs., Hatha Yoga, Satyananda Saraswati, Iyengar & Kundalini workshops. Yoga Therapy.                                  | Catania,<br>Italy,<br>Belgium |
| <b>Beaumont</b>                | Secord    | Liisa        | 929-2014 | YAA, FK, BM, hatha, restorative, pranayama, meditation. lsecord@shaw.ca  | S                             |
| <b>Bentley</b>                 | Tywniuk   | Sharon       | 302-2887 | Hatha vinyasa, freeflo yoga, prenatal. Beg. & Intermed. classes. <b>Condor, Ponoka, Rimbey, Blackfalds, Sylvan Lake - Central AB</b> |                               |
| <b>Bonnyville</b>              | Ducharme  | Carol        | 826-4739 | YAA, YFT. Hatha yoga, pranayama, guided relaxation, and meditation.  |                               |
| <b>Bonnyville</b>              | Koluk     | Tracy        | 826-3388 | YAA. Hatha yoga. www.yogaforyoubonnyville.com.   |                               |
| <b>Camrose</b>                 | Delhomeau | Darlene      | 672-0822 | IYT. Beginner's hatha yoga, Flow yoga, gentle and restorative yoga.  |                               |
| <b>Camrose</b>                 | Kilarski  | Donna (Dawn) | 672-9135 | YAA, SS. Asana, integration, inner awareness, meditation.  |                               |
| <b>Camrose</b>                 | Moskie    | Pam          | 672-1460 | YAA, YA. Awareness based grounded in non-dual traditions. <b>Miquelon Lake</b>   |                               |
| <b>Candle Lake</b>             | Murphy    | Yvonne       | 929-2498 | YAA. (M. Leblanc mentor) Desikachar -Breath & move't, gentle Hatha. Prince Albert SK - Margo Fournier Center. <b>Albertville, SK</b> |                               |
| <b>Canmore</b>                 | Ferguson  | Henri        | 609-0488 | SS. Sapta Yoga, hatha yoga, core strength, yoga for seniors.   | N E S D                       |
| <b>Canmore</b>                 | Latulippe | Simmi        | 678-3609 | Hatha yoga, yin yoga, individual yoga therapy. <b>Canmore, Banff, Calg.</b>  |                               |
| <b>Canmore</b>                 | Lindner   | Oda          | 609-3882 | YAA, E-RYT500, Desikachar. Breath and movement. Yoga Therapy.  |                               |
| <b>Chipman</b>                 | Kitz      | Connie       | 363-2406 | YAA, YFT, GK. All levels hatha, children, seniors. <b>Lamont County, Beaver County, Sher. Park, Edm.</b>                             |                               |
| <b>Claresholm</b>              | Miller    | Sally        | 625-4719 | Teacher, chair yoga.   | A                             |
| <b>Cochrane</b>                | Labonte   | Katherine    | 981-3334 | YAA. RYT500, SOYA, IYTA, SYVC (A), DS (Ashtanga) E-RYT. Balances Yin/Yang in strength/surrender, stillness/movement, etc.            |                               |
| <b>Devon</b>                   | Christian | Joyce        | 987-4467 | Hatha & Childrens, 300hr YFT, Teacher, 200hr NYI, CR teacher, 200hr NYI, Inner Quest & HeartRise Children                            | Leduc,<br>Calmar              |
| <b>Devon</b>                   | Forchuk   | Sean         | 984-7996 | Teacher  |                               |
| <b>Didsbury</b>                | Werkmann  | Yvonne       | 335-9410 | SOYA, RYT 500, IYTA, gentle, mantra, children, special needs. Therapeutic, yoga for those affected by cancer. <b>Olds, Carstairs</b> |                               |
| <b>Drayton Valley</b>          | Berezniuk | Lucille      | 542-3584 | YAA, RR, vinyasa flow, yoga nidra. <b>Blairmore AB, Makaha Valley, Oahu</b>  |                               |
| <b>Duffield</b>                | LeBlanc   | Mary         | 892-3405 | YAA, FK, BWOY (Dip) &TET; <b>Rural, GarrisonEdm, Morinville, Wabamum, Carvel, Fallis, Alberta Beach.</b> Trained all aspects.        | W                             |
| <b>Fort Sask</b>               | Critchley | Marguerite   | 998-2970 | YAA. Hatha, Yin, Ashtanga, restorative.  |                               |

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| Fort Sask                                | Tomanek         | Jill               | 998-9829 | Teacher. Hatha yoga, outdoor/indoor yoga for office workers.  | D                          |
| Fort Saskatchewan<br>and<br>Ft. McMurray | Bok             | Natalie            | 998-3322 | YAA, YFT, GK. Hatha yoga, vinyasa flow postures, Iyengar influenced yoga, Yin and relax'n.  |                            |
|  | Nielsen         | Amanda             | 750-4089 | YAA - TTP. Children & youth yoga, traditional hatha yoga.   |                            |
| Grande Prairie                           | Gourlay         | Marilyn            | 539-3992 | YAA. Gentle restorative yoga, yoga nidra, body awareness, relax/renew.  | C                          |
| Grande Prairie                           | Housego         | Wenda              | 402-3734 | YAA. Yoga for beginners, round bodies, special needs, seniors.  | Spirit River, Saskatchewan |
| Grande Prairie                           | McKim           | Candace            | 814-9645 | Vinyasa flow, Yoga Therapist, Yoga for Cancer Survivors, Yoga in Action, Chakra balance, life coach. www.candacemckim.com                               | A                          |
| Grande Prairie                           | Morgan          | Jocelyn            | 532-8105 | YAA. Pranayama, hatha flow, relaxation. www.oneworldyoga.ca   | C                          |
| Grande Prairie                           | Rockarts        | Crystal            | 513-3693 | YAA-TTP   |                            |
| Grande Prairie                           | Wieliczko       | Tammy              | 832-8959 | YAA, SS. Hatha yoga, Yamuna Body Rolling. <b>Beaverlodge</b>  | A                          |
| Hamilton                                 | Pereira         | Dina               | 396-8988 | YAA, FK. Hatha yoga, body awareness, stretches, asanas, meditation, breath, laughter yoga.  | E W S D                    |
| Hay Lakes                                | Sych            | Alanna             | 679-4066 | Flow yoga, Hatha yoga (alignment based) , group and private classes Camrose   |                            |
| High River                               | Gehrke          | Colleen            | 603-8355 | YAA. Hatha yoga, breath awareness, asana. Beginners, advanced, golfers & runners.   | C A                        |
| High River                               | Levesque        | Gisela             | 601-6110 | YAA. Welcoming, intuitive, breath awareness, restorative, meditative, High River and Longview.  |                            |
| Hinton                                   | McGettigan      | Sharon             | 865-5379 | YAA, YFT. Traditional Hatha yoga, focus on safety, alignment, breath & modifications, pre-natal. Yin & iRest.   | A                          |
| Jasper                                   | Coombe          | Sandra             | 852-8242 | Yoga in the Rockies. IYT teacher trainings, retreats, yoga vacations, wkly classes beginner through special needs. www.yogaintherockies.ca              |                            |
| Lac La Biche                             | Arora           | Serena             | 213-2256 | Prof. Yoga Therapist, 200 hr. IYT Teacher Trainer, THRIVE! Naturally Yoga Studio Retreat.   | A                          |
| Lacombe                                  | Quick           | Ilse               | 782-2084 | YAA. Flow yoga, therapeutic yoga, hatha, restorative. Lacombe, Ponoka.  |                            |
| Lacombe                                  | Simpson         | Tara               | 782-9750 | YAA-TTP   |                            |
| Lacombe                                  | Wessner         | Shauna             | 782-5119 | YAA-TTP, YARD-TTP.  |                            |
| Leduc                                    | Knobel          | June               | 986-0797 | YAA. Restorative yoga & vinyasa yoga to promote relax'n, balance, body strength, flexibility, & align't. Millet   |                            |
| Legal                                    | Rivard          | Monique            | 271-4595 | YAA. Trintiy Yoga.  |                            |
| Lethbridge                               | Kunimoto        | Val                | 381-6101 | YAA. Cert'd with stretch awareness (3 yr Advanced Studies), Restorative Yoga TT, teaches all levels.  | W S                        |
| Lethbridge                               | MacArthur       | Vickie             | 320-6763 | YA. Ashtanga/Vinyasa Flow, Restor., Yoga Nidra, Thai yoga massage, partner yoga. Therapeutic: Cancer survivors, cardiac rehab www.spiritinmotionyoga.ca |                            |
| Medicine Hat                             | Lopeter-Lloyd   | Samantha           | 866-9642 | YAA, IJ 1, IJ 11, YS. HMYS. Variety of classes all levels in the Iyengar style.   | C                          |
| Medicine Hat                             | Olsson-Campbell | Krista             | 528-3680 | YAA. Hatha yoga, pre-natal, ashtanga (modified primary). Postnatal, kid's yoga.   |                            |
| Nisku                                    | Vantanajal      | Stephanie (Brooks) | 770-8816 | YAA-TTP. Vinyasa yoga instructor, group, couple, private classes available. <b>Beaumont, Leduc, Nisku</b>   |                            |
| Olds                                     | Silberer        | Tracy              | 556-5555 | YS. Teacher. Iyengar style, classes & private. Pre-natal. <b>Calgary, Didsbury</b>  |                            |

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| Onoway          | Downing         | Dave            | 967-3828           | YAA. Edmonton, Hatha, Himalayan tradition, relaxation, meditation.  | D<br>Edmonto               |
| Rangiora        | Locke           | Marina          | 011 64<br>61271077 | YAA, SOYA, IYTA, FHL. Pre & post natal, hatha yoga, teacher training.<br>www.motherwellness.com                       | A,<br>Australia,<br>Canada |
| Red Deer        | Blackwell       | Suzanne         | 342-0758           | Yaa, Ryt500, B.Ed, Hatha, Ashtanga/Power, Healing, Youth/Child/Sen'rs, Martial Arts, Athletes (AFLCA/NCCP)            | A                          |
| Red Deer        | Breau           | Barbara         | 352-3941           | YAA, HY-TTP (AHYMSIN), Raja Yoga, Hatha Yoga. <b>Red Deer &amp; surrounding area.</b>                                 | A                          |
| Red Deer        | Chan            | Bette           | 347-8210           | YAA. Simple postures, breathwork, and meditation for health and wellbeing.  |                            |
| Red Deer        | Cooper          | Cheryl          | 314-9320           | YAA. Hatha yoga, yoga dance, power yoga, pilates.   | A                          |
| Red Deer        | King            | Paula           | 309-3804           | YAA. Gentle hatha yoga with awareness of special needs, Vinyasa Flow, therapeutic yoga.                               | A                          |
| Red Deer        | Lewis           | Holly           | 347-3525           | YAA. Hatha yoga. iRest. Breath & restoration.   |                            |
| Red Deer        | MacGregor       | Deb             | 358<br>6661        | YAA-TTP   |                            |
| Red Deer        | Ohama           | Adele           | 309-9666           | YAA-TTP. Ashtanga, balance, self-practice, self-responsibility, eclectic/practical mix of awareness activities.       |                            |
| Red Deer        | Oster           | Wanda           | 346-1601           | YAA. Postures, breathwork, guided relaxation & meditation.  | A                          |
| Red Deer        | Walker-Dymianiw | Connie          | 343-1761           | YAA. Gentle beginner to intermediate hatha. <b>Sylvan Lake.</b>   | A                          |
| Red Deer        | Waschuk         | Ann             | 343-3830           | YAA, YARD. Asana, visualization, mantra, meditatio'n & laughter. Red Deer & area.                                     |                            |
| Red Deer        | Winchester      | Maxine          | 347-6876           | YAA. Hatha yoga. YARD. <b>Recreation Center - Fairview School</b>   | C N                        |
| Rocky Mtn House | Barmantloo      | Pamela          | 846-8760           | YAA-TTP   |                            |
| RockyMtnHse     | Caine           | Dianne          | 845-2591           | YS. MRU.  |                            |
| Saskatoon       | Nixey           | Evelyn          | 683-2605           | YAA, IYAC. Iyengar yoga classes.  |                            |
| Sherwood Park   | Ackerman        | Angie           | 464-4206           | YAA, YFT, GK, YIN, ERYT500, RYT500. Acreage classes south of Sherwood Park & east of Beaumont. www.breatheyoga.ca     | S E                        |
| Sherwood Park   | Beech           | Lynn            | 464-9990           | YAA, YFT 300 Hr., YIN, Radiant Child Yoga 3(RCY3), B.Ed.  |                            |
| Sherwood Park   | Black           | Morgan          | 922-8392           | Teacher   |                            |
| Sherwood Park   | Campbell        | Donalee         | 922-0125           | YAA. Heart centered, action-oriented & alignment-based. Adults, kids & teens. www.trueblissyoga.com. <b>Ardrossan</b> | Sherwoo<br>d Park          |
| Sherwood Park   | Daymond         | Carol           | 467-3512           | YAA, YFT. Hatha, chair, gentle, restorative, breath awareness, seniors.   |                            |
| Sherwood Park   | Deneka          | Barb            | 416-2622           | YAA, IYAC-TT. Strength, flexibility, balance & alignment. bdeneka@shaw.ca <b>Edmonton.</b>                            | W                          |
| Sherwood Park   | Elniski         | Paige(Victoria) | 340-9644           | YAA-TTP   |                            |
| Sherwood Park   | Fraser          | Terry           | 449-2568           | YAA, YFT, hatha. <b>Edmonton</b>  |                            |
| Sherwood Park   | Jensen          | Katherine       | 417-9644           | YAA-TTP. Hatha yoga, Yin yoga Cert. Power yoga, Flow yoga, full figured yoga.   |                            |
| Sherwood Park   | Karsten         | Christiane      | 570-3342           | YAA, YFT. Yoga for kids and preteens. http://www.yogamovement.net   |                            |

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| <b>Sherwood Park</b> | Laine-Russell  | Victoria   | 416-4244 | GK. Gentle hatha yoga classes for adults. <b>Sherwood Park.</b>  |                           |
| <b>Sherwood Park</b> | Lockau         | Janet      | 467-4188 | YAA, YFT. YIN, prenatal, hatha.  |                           |
| <b>Sherwood Park</b> | McMullan-Baron | Sharon     | 467-4989 | YFT 300 Hours TTP. Hatha: Cancer, MS, gentle, restorative. <b>Edmonton</b>   | A                         |
| <b>Sherwood Park</b> | Moore          | Beverley   | 467-6157 | YAA, GK. Trad. Hatha yoga. Desikachar lineage, Yin Yoga. <b>Vegreville, C. Edm., S. Edm., E. Edm.</b>  |                           |
| <b>Sherwood Park</b> | Randolph       | Joan       | 416-0774 | GK, Siv. Body alignment specialist, body awareness, relaxation, strength, flexibility. <b>Ft. Saskatchewan</b>   |                           |
| <b>Sherwood Park</b> | Sartore        | Glenda     | 640-3332 | YAA, GK, RR. Prenatal, Yoga Nidra.   |                           |
| <b>Sherwood Park</b> | Stinn          | Eva        | 467-5055 | YAA, Cultivation of awareness through gentle hatha, breath, relax'n, meditation. Laughter yoga.  | C                         |
| <b>Spruce Grove</b>  | Schuster       | Ann        | 960-3727 | YAA. Gentle hatha to intermediate. Breath awareness. Small classes. Guided relaxation.   |                           |
| <b>Spruce Grove</b>  | Yakemchuk      | Jamie      | 628-5803 | YAA. Hatha yoga: breath awareness, gentle, beginner & intermediate asana. <b>Devon/Edmonton</b>  |                           |
| <b>St Albert</b>     | Boucher        | Bonnie L.  | 974-6199 | Using breath, gentle to intermediate, vinyasa flow, yang/yin, prenatal, restorative, hot yoga.   |                           |
| <b>St Albert</b>     | Freeman        | Donna      | 903-6544 | YAA. Yoga for kids & teens, yoga in schools, founder yogainmyschool.com, author - Once Upon a Pose, teacher training wrkshps. <b>Greater Edm area/St. Albert</b> | A                         |
| <b>St Albert</b>     | Guminy         | Erinn      | 458-1212 | Teacher  |                           |
| <b>St Albert</b>     | Hagen          | Barbara    | 460-9692 | YAA. Breath focused asana in Desikachar trad'n. Attention to individual needs. Stress mngt.  | N W<br>West/Nor<br>th Edm |
| <b>St Albert</b>     | Hanzen         | Erik       | 569-1479 | Teacher  |                           |
| <b>St Albert</b>     | Klassen        | Darlene    | 460-9132 | YAA. <b>Edmonton</b>   | C                         |
| <b>St Albert</b>     | Newman         | Clare      | 222-7162 | YAA, YA. Hatha, ashtanga, pre/post natal, flow, & kid's yoga. <b>Edmonton</b>  | W                         |
| <b>St Albert</b>     | Pati           | Becca      | 887-1610 | RYT, Ayurvedic Nutritionist, RMT. Warm Vinyasa Flow and Gentle Flow. Private & group classes. www.divinehealth.ca  | W                         |
| <b>St Albert</b>     | Reid           | Krista     | 418-5547 | CYA-RYT500+. Corporate & sports, Ashtanga, Okido, Iyengar inspired, Sadhana, yin, restore, prenatal & med'n.   | E W S                     |
| <b>St Albert</b>     | Sadler         | Susan      | 460-4543 | Yoga Works Cert. YA RYT 200 hr; vinyasa & power flow style.  |                           |
| <b>St Albert</b>     | White-Elliott  | Cindy      | 569-0843 | Teacher. Yoga studio College of Canada, Calg. June 2010. Trained in Iyengar style yoga.  |                           |
| <b>St Albert</b>     | Whitehead      | Val        | 458-9208 | YAA 300 hr, YA 200, iRest Yoga Nidra, laughter, hatha. <b>Edmonton</b>   | N                         |
| <b>St. Albert</b>    | Hutton         | Jennifer   | 418-4388 | YAA. Hatha, restorative & yin, connecting mind, body, breath.  |                           |
| <b>St. Albert</b>    | Irwin          | Jeanne     | 459-7443 | YAA. Flow, gentle, recovery, mature students. +Edm.  | W D<br>Edmonto<br>n       |
| <b>St. Albert</b>    | Wiens          | Angela     | 459-4806 | YA, RYT200, TY. Hatha, Flow, Yin, Yoga and writing. www.yogainnerspirit.com  |                           |
| <b>St. Paul</b>      | Overgaard      | Kristen    | 614-8525 | Teacher  |                           |
| <b>St. Paul</b>      | Zarowny        | Irene      | 645-3163 | YAA. Gentle hatha yoga, breath and body awareness, relaxation. <b>Eik Point</b>  |                           |
| <b>Stettler</b>      | Scheerschmidt  | Eileen     | 742-4630 | YAA. Restorative, therapeutic and yoga for cancer survivors.   |                           |

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| <b>Stony Plain</b>     | Cosgrove  | Lacie                    | 963-1297 | DS, RYA200, Ashtanga, Kundalini, Forrest, kids, meditation. www.harmonyhealthalberta.ca                         | Stony Plain, Alberta |
| <b>Stony Plain</b>     | Provencal | Jill                     | 963-3258 | Teacher   |                      |
| <b>Sturgeon County</b> | Danyluk   | Elizabeth                | 990-9217 | Hatha, Thai Yoga, Hypnotic Meditation. www.achieveresults.ca<br><b>Edmonton, St. Albert, surrounding areas.</b> | A                    |
| <b>Thorsby</b>         | Fjell     | Judy                     | 389-3311 | YAA. Gentle hatha yoga with breath/body awareness. Mulhurst Bay.  |                      |
| <b>Toronto</b>         | Antze     | Rosemary Jeanes          | 656-3792 | Sr. Teacher TKV Desikachar, Teacher Trainer with KHYF. Classes for indiv. & groups, retreats, guest teaching.   |                      |
| <b>Wainwright</b>      | Miller    | Jennie                   | 842-4009 | YAA. Basic and foundational, focus on breath, body awareness and alignment.                                     |                      |
| <b>Westlock</b>        | Robinson  | Lorraine                 | 348-5334 | YAA, YFT.   |                      |
| <b>Wetaskiwin</b>      | Ervin     | Linda(Creative Wellness) | 352-4932 | Teacher. Vinyasa yoga, Belly dance, pilates.  |                      |