

# 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
Airdrie	Forster	Rhonda	948-0712	YAA, YCC. Calgary, Airdrie. Hatha Yoga.	N
Ardmore	Koluk	Tracy	826-3388	YAA. Hatha yoga. Bonnyville.	
Athabasca	Dickson	Ken	675-8847	YAA-TTP	N
Athabasca (Island Lake)	Cheshire	Pat	675-2271	YAA,FK. Breath awareness, asana, relaxation.	
Banff	Douglas	Anne	762-5112	KY. Advita medita'n, chakras, yoga therapy,retreats, iRest, yoga Nidra.	
Banff	Schneberger	Ronna	760-8767	Eco yoga, Anusaru inspired, cert. Hatha, therepeutic. Rockies retreats.	
Barrhead	Baker	Richard	674-3761	YAA, IYAC. Asana, meditation, body awareness, pranayama.	
Beaumont	Garvey	Tracy	955-3782	YAA, FK. Okido-Holland. Leduc, Devon, Nisku	S
Beaumont	Secord	Liisa	929-2014	YAA, FK, BM, hatha, restorative, pranayama, meditation. lsecord@shaw.	A
Bonnyville	Ducharme	Carol	826-4739	YAA,YFT. Hatha yoga, pranayama, guided relaxation, and meditation.	
Camrose	Kilarski	Dawn	672-9135	YAA, SS. Asana, integration, inner awareness, meditation.	
Camrose	Moskie	Pam	672-1460	YA. Meditative, awareness based asana grounded in yogic philosophy &	
Canmore	Latulippe	Simmi	678-3607	Hatha yoga, yin yoga, individual yoga therapy.	W
Canmore	Lindner	Oda	609-3882	YAA, E-RYT, Desikachar. Breath and movement. Yoga Therapy,	
Chipman	Kitz	Connie	363-2406	YAA, YFT, GK. All levels hatha, children, seniors. Lamont, Tofield,	E
Claresholm	Miller	Sally	625-4719	YAA.	A
Cochrane	Canning	Lorraine	932-1681	YAA, TYG Cert. Yoga fore golfers, hatha, pranayama, meditation &	A
Cochrane	Labonte	Katherine	981-3334	YAA, RYT500, SOYA, IYTA, SYVC (A), DS (Ashtanga) E-RYT. Balances	
Didsbury	Werkmann	Yvonne	335-9410	SOYA, RYT 500, IYTA. Vinyasa, gentle, mantra, children, special needs.	A
Drayton Valley	Berezniuk	Lucille	542-3584	YAA, RR. Vinyasa flow, Yoga Nidra.	
Drayton Valley	Demers	Bonnie	542-4528	YAA. Gentle hatha/vinyasa, rejuvenate, breath, asana, and guided	
Drayton Valley	Eshpeter	Helen	542-2547	YAA, FK, SS, PYC. Relaxation, meditation, pranayama, asana, body	
Drayton Valley	Mussell	Denise	542-5657	YAA-TTP. Awaken to beauty.	
Duffield	LeBlanc	Mary	892-3405	YAA, FK, BWOY (Dip) &TET; Rural, GarrisonEdm, Edson, Morinville,	N W
Edson	McCaffrey	Sharon	723-2859	YAA.	
Evansburg	Murphy	Heather	727-2750	Teacher	
Fort Saskat.	Gaumont	Jill	992-2204	YAA. Ft. Sask, Sher. Park, The Yoga Room. Ashtanga	N
Fort Saskatchewan	Bok	Natalie	998-3322	YAA, YFT, GK. Trad. hatha yoga, meditat'n, breath awareness, body flow	

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<b>Ft. McMurray</b>	Baron	Marianne	790-2024	GK. Gentle hatha yoga, pre/post natal.	
<b>Ft. McMurray</b>	Chugh	Kapila	791-0329	Hatha yoga, restorative yoga.	A
<b>Grande Cache</b>	Brown	Natasha	827-5136	YAA, YFT. Gentle, relaxing, inspiring experience.	
<b>Grande Prairie</b>	Gourlay	Marilyn	539-3992	YAA. Gentle restorative yoga, yoga nidra, pranayama, asana, body	S D
<b>Grande Prairie</b>	Housego	Wenda	402-3734	YAA-TTP	
<b>Grande Prairie</b>	Khafizov	Julia	539-0983	ChC.	A
<b>Grande Prairie</b>	McKim	Candace	539-6371	BSW, IYT. Vinyasa flow, meditation, stress management workshops.	A
<b>Grande Prairie</b>	Morgan	Jocelyn	532-8105	Pranayama, asana, relaxation (vinyasa flow) & prenatal yoga.	D
<b>Grande Prairie</b>	Wieliczko	Tammy	832-8959	YAA, SSTTP. Yamuna body rolling, Grande Prairie.	A
<b>High River</b>	Gehrke	Colleen	601-3182	YAA-TTP. The Urban Yogini, hatha yoga, runners, golfers, post/prenatal	A D
<b>High River</b>	Levesque	Gisela	601-6110	YAA. Welcoming, intuitive, breath awareness, restorative, meditative,	
<b>Hinton</b>	McGettigan	Sharon	865-5379	YAA, YFT. Traditional Hatha yoga with focus on safety, alignment, breath	A
<b>Innisfail</b>	Housman	Jeanette	728-3231	YAA, SS. Breath awareness, gentle stretch, asana & relax'n.	
<b>Killam</b>	Lewis	Holly	385-2345	YAA-TTP. Hatha yoga focusing on breath in the body and body	Killam,
<b>Lacombe</b>	Quick	Ilse	782-2084	YAA. Therapeutic yoga, hatha, restorative. Lacombe, Ponoka.	
<b>Lacombe</b>	Shackleton	Robyn	782-4946	YAA-TTP.	
<b>Leduc</b>	Knobel	June	986-0797	YAA-TTP. Restorative yoga & vinyasa yoga to promote relax'n, balance,	
<b>Leduc</b>	Vantanajal	Stephanie (Brooks)	980-3955	YAA-TTP. Vinyasa yoga instructor, group, couple, private classes	Beau
<b>Lethbridge</b>	Kunimoto	Val	381-6101	YAA. Iyengar influence, hatha, beginner, restor'v. Cert'd with stretch	U S
<b>Medicine Hat</b>	Lopeter-Lloyd	Samantha	527-5881	YAA, Intro 2 IYAC, YS. HMYS. Variety of classes all levels in the Iyengar	D
<b>Medicine Hat</b>	Olsson-Campbell	Krista	528-3680	YAA. Hatha yoga, pre-natal, ashtanga (modified primary).	D
<b>Medicine Hat</b>	Risk Richardson	Amy	504-0744	YAA, RYT200, IYT, YIM. Kids, men, pre/postnatal, athletes, wheelch. MHC,	A
<b>Mirror</b>	Lamb	Nadine (Lundberg)	788-0003	YAA-TTP.	
<b>Okotoks</b>	Avenati	Elvira	938-2047	YAA. Restorative yoga certified. Hatha yoga. Beginner, advanced,	S
<b>Okotoks</b>	Herring	Debbie	938-7756	YS, RR. Iyengar influence.	
<b>Okotoks</b>	Wushke	Christine	938-9567	Healing for your body/mind/spirit. Iyengar, restorative, and meditation	A
<b>Onaway</b>	Downing	Dave	967-3828	YAA. Edmonton, Hatha, relaxation, meditation.	D
<b>Onaway</b>	Ewanchuk	Karen	967-3630	YAA-TTP, YFT-TTP.	

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Peers	Heise	Erin	693-2146	YAA-TTP	Edson
Red Deer	Blackwell	Suzanne	342-0758	YAA-TTP,AFLCA AB,B.Ed,NCCP Athletics/sports: martial arts, parent &	A
Red Deer	Breau	Barbara	352-3941	YAA, HI-TTP. Hatha yoga.	A
Red Deer	Chan	Bette	347-8210	YAA. Simple postures, breathwork, and meditation for health and	
Red Deer	Cooper	Cheryl	342-4642	YAA. Hatha yoga, yoga dance, power yoga,pilates.	Lacom
Red Deer	Dymianiw	Connie	343-1761	YAA-TTP. Gentle beginner to intermediate hatha.	A
Red Deer	Hicks	Selina	342-4198	YAA. Pre/post natal, hatha.	
Red Deer	King	Paula	309-3804	YAA. Gentle hatha yoga with awareness of special needs, Vinyasa Flow,	A
Red Deer	Kolybaba	Ilse	341-4724	YAA-TTP. Hatha yoga, breath, relax'n. Breath into pose & awareness	
Red Deer	Ohama	Adele	309-9666	YAA-TTP. Ashtanga, balance, self-practice, self-responsibility,	
Red Deer	Oster	Wanda	346-1601	YAA-TTP	
Red Deer	Roussil	Helene	358-5298	YAA, RMT. Yoga in Red Deer, Recreation Centre. City of Red Deer.	A
Red Deer	Waschuk	Ann	343-3830	YAA, YARD. Asana, visualization, mantra, meditat'n & laughter. Red Deer	A
Red Deer	Winchester	Maxine	347-6876	YAA. Hatha yoga. YARD.	N D
Rimbey	Chang	Solene	843-1017	YAA,SS. Energy based yoga for mind,body, heart and spirit.	Ponok
Rocky Mtn House	Rice	Michelle	845-3545	Hatha, Iyengar influence, prenatal, mom & babies, power	A
RockyMtnHouse	Caine	Dianne	845-2591	YS.	
Sherwood Park	Ackerman	Angie	464-4206	YAA, YFT, GK. YIN Acreage classes south of Sherwood Park & east of	S
Sherwood Park	Allan	Wendy	975-3755	YAA,FK. Hatha yoga all levels, breath work.	S
Sherwood Park	Black	Morgan	922-8392	teacher	
Sherwood Park	Campbell	Donalee	922-0125	YAA. Acupressure massage. Edm. & Sher.Park. www.SacredLight.ca	U E
Sherwood Park	Carline	Glenda	416-4211	YAA, GK, RR. Prenatal, Yoga Nidra.	
Sherwood Park	Chavda	Tina (Taruna)	449-3562	YAA, YFT, GK, FK, RR. Hatha yoga.	E S
Sherwood Park	Deneka	Barb	416-2622	YAA. Student of Iyengar yoga. Classes in Sherwood Park, www.	E
Sherwood Park	Dionne	Debbie	416-4786	YAA. Hatha yoga instructor.	
Sherwood Park	Dusel	Patty	922-3612	YAA, IYAC Certified. Iyengar Yoga classes in Edmonton, Sherwood Park, S E	
Sherwood Park	Erdmann Boyko	Chris	416-4211	YAA, GK, KY, PR, DS. Yoga For Today, asana, breath, focus,	
Sherwood Park	Fuelkell	Susan	922-4517	YAA, YFT, FK, GK. Trad. hatha, prenatal, Okido.	

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<b>Sherwood Park</b>	Krebs	Gerda	467-9259	YAA, FK. SHAW TV, Yoga Fits In Yoga videos available, 40 hrs	
<b>Sherwood Park</b>	Laine-Russell	Victoria	416-4244	YAA, GK. Home-based trad. Hatha yoga classes for adults, teens and	
<b>Sherwood Park</b>	Moore	Beverley	467-6157	YAA, GK. Trad. Hatha yoga. Vegreville, C. Edm., S. Edm.	S N D
<b>Sherwood Park</b>	Paul	Franklin	660-4057	YAA. Ashtanga, hatha, and laughter yoga.	E S
<b>Sherwood Park</b>	Randolph	Joan	416-0774	YAA, GK, Siv. Ft. Saskatchewan and Sherwood Pk, body awareness,	
<b>Sherwood Park</b>	Stinn	Eva	467-5055	YAA, Cultivation of awareness through gentle hatha, breath, relax'n,	N S
<b>Spruce Grove</b>	Arnold	Shenta	962-9370	YAA. Asana, meditation, relaxation, awareness.	
<b>Spruce Grove</b>	Headrick	Sandra	470-0468	YAA, RR. Devon, Edm, Iyengar influence with emphasis on alignm't,	S
<b>Spruce Grove</b>	Schuster	Ann	960-3727	YAA. Gentle hatha to intermediate. Breath awareness. Small classes.	
<b>Spruce Grove</b>	Yakemchuk	Jamie	628-5803	YAA-TTP. Hatha yoga: breath awareness, gentle, beginner & intermediate	D
<b>St Albert</b>	Danyluk	Elizabeth	973-6022	Teacher. Hatha, flow, breath & sound work, meditation, body awareness,	A
<b>St Albert</b>	Hagen	Barbara	460-9692	YAA. Gentle, systematic. Women & youth athletes, youth.	N
<b>St Albert</b>	Lakusta	Karen	418-7727	YAA-TTP. St Albert, Cardiff, and Legal.	
<b>St Albert</b>	Lindsay	Brenda	419-3678	YFT. Hatha yoga, ashtanga.	Edmo
<b>St Albert</b>	Pati	Becca	887-1610	RMT, RYT. TY. NHPC ,YA, Divine Health Studio,Reg Ayur Wellness	N
<b>St Albert</b>	Reid	Krista	418-5547	FK, DS, PY-TTP, PTJ, Rameen Peyrow(RP). Ashtanga, Okido, hatha	N E
<b>St. Albert</b>	Irwin	Jeanne	459-7443	YAA. Flow, gentle, recovery, kids and mature students. +Edm,+Morinville.	W D
<b>St. Albert</b>	Tomita	Wendy	973-6378	YAA. Gentle, relaxing, mind body & breath awareness.	D
<b>St. Albert</b>	Wiens	Angela	459-4806	YA, RYT200, TY. Hatha, Vinyasa flow, yin yoga. Writing Through Yoga	
<b>St. Paul</b>	Zarowny	Irene	645-3163	YAA. Gentle hatha yoga, breath and body awareness, relaxation, Elk	Elk
<b>Stettler</b>	Jilek	Christine	740-0056	YAA-TTP. Hatha, Iyengar, vinyasa styles.	S
<b>Stettler</b>	Scheerschmidt	Eileen	742-4630	YAA-TTP. Gentle beginner yoga, emphasis on core stability, meditation &	
<b>Stony Plain</b>	Adams	Meredith	963-3613	YAA. Certified Hatha Yoga instructor.	
<b>Stony Plain</b>	Cosgrove	Debra	963-1297	Ashtanga, kundalini, forrest, Thai. www.harmonyhealthalberta.ca	
<b>Stony Plain</b>	Cosgrove	Lacie	963-1297	Ashtanga, kundalini, forrest Thai, belly dance, pilates. www.	Stony
<b>Sylvan Lake</b>	Smith	Jacqueline	887-3183	SS. Small classes, meditative breath, focus, pre & post natal available,	S
<b>Thorsby</b>	Fjell	Judy	389-3311	YAA. Gentle hatha yoga with breath/body awareness. Mulhurst Bay.	
<b>Vermilion</b>	Stredwick	Sharon	853-4799	Certified Hatha Yoga Instructor.	

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<b>Wainwright</b>	Miller	Jennie	842-4009	YAA. Basic and foundational, focus on breathwork body awareness and	Rural
<b>Water Valley</b>	Ouellette	Jodi	637-2746	YAA. The body and mind are tools with which to explore our beautiful	Cochr
<b>Westlock</b>	Robinson	Lorraine	348-5334	YFT.	N ... ..
<b>Wetaskiwin</b>	Ervin	Linda(Creative Wellness)	352-4932	Teacher. Vinyasa yoga, Belly dance, Tai Chi, pilates.	