

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. Airdrie. Hatha yoga, prenatal yoga.	
Ardmore	Koluk	Tracy	826-3388	YAA. Hatha yoga. www.yogaforyoubonnyville.com.	Bonnyville
Athabasca	Dickson	Ken	675-8847	YAA-TTP	
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.	A
Banff	Schneberger	Ronna	760-8767	Anusara yoga, eco yoga. Banff hiking yoga retreats.	
Barrhead	Baker	Richard	674-3761	YAA, IYAC. Asana, meditation, body awareness, pranayama.	Westlock
Beaumont	Garvey	Tracy	955-3782	YAA, FK. Yin - Bernie Clarke, Okido - Mizue Tamaki	S
Beaumont	Secord	Liisa	929-2014	YAA, FK, BM, hatha, restorative, pranayama, meditation. lsecord@shaw.	S
Bentley	Tywniuk	Sharon	302-2887	Hatha vinyasa, freeflo yoga, prenatal. +Condor, Ponoka, Rimbey, Blackfalds	
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, YAA. Presence based grounded in Tantra & Vedanta.	
Canmore	Lindner	Oda	609-3882	YAA, E-RYT, Desikachar. Breath and movement. Yoga Therapy,	
Canmore	Dombro	Lawrence	609-2737	YAA. FK. Hatha yoga, pranayama, mudras, meditation and philosophy.	S
Canmore	Latulippe	Simmi	678-3609	Hatha yoga, yin yoga, individual yoga therapy.	W
Chipman	Kitz	Connie	363-2406	YAA, YFT, GK. All levels hatha, children, seniors. Lamont, Tofield,	Holde
Claresholm	Miller	Sally	625-4719	Teacher	D
Cochrane	Labonte	Katherine	981-3334	YAA, RYT500, SOYA, IYTA, SYVC (A), DS (Ashtanga) E-RYT. Balances	
Czar	Brown	Kathie	857-2360	YAA. East Central Alberta, Hatha yoga, gentle stretching, body	East
Didsbury	Werkmann	Yvonne	335-9410	SOYA, RYT 500, IYTA. Vinyasa, gentle, mantra, children, special needs.	A
Drayton Valley	Eshpeter	Helen	542-2547	YAA, FK, SS, PYC. Relaxation, meditation, pranayama, asana, body	
Drayton Valley	Demers	Bonnie	542-4528	YAA. Hatha/vinyasa, rejuvenate, breath, asana, and guided relax'n.	
Drayton Valley	Berezniuk	Lucille	542-3584	YAA, RR. Vinyasa flow, Yoga Nidra.	
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,	
Edson	McCaffrey	Sharon	723-2859	YAA.	E
Edson	Anderson	Evalene	712-0402	YAA.	
Evansburg	Murphy	Heather	727-2750	Teacher	A
Fort Sask	Tomanek	Jill	998-9829	Teacher. Hatha yoga, outdoor/indoor yoga for office workers.	D

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Fort Saskat.	Gaumont	Jill	992-2204	YAA. Ft. Sask, Sher. Park, The Yoga Room. Ashtanga, Yin/yang.	N
Fort Saskatchewan	Bok	Natalie	998-3322	YAA, YFT, GK. Hatha yoga, vinyasa flow postures, Iyengar influenced	
Ft. McMurray	Chugh	Kapila	792-0328	YAA. Hatha yoga, yoga therapy & restorative yoga. Yoga for cancer	
Ft. McMurray	Nielsen	Amanda	750-4089	YAA - TTP	
Grande Prairie	Gourlay	Marilyn	539-3992	YAA. Gentle restorative yoga, yoga nidra, body awareness, relax/renew.	D
Grande Prairie	Wieliczko	Tammy	832-8959	YAA, SS. Hatha yoga, Yamuna Body Rolling.	A
Grande Prairie	Morgan	Jocelyn	532-8105	YAA. Pranayama, hatha flow, relaxation, out of town, drop ins welcome.	D
Grande Prairie	Housego	Wenda	402-3734	YAA. Yoga for beginners, round bodies, special needs, seniors.	Spirit
Grande Prairie	Unger	Rebecca	814-1768	YAA-TTP. Grande Praire	
Grande Prairie	Pruden	Shelly	538-0696	YAA-TTP	
High River	Gehrke	Colleen	603-8355	YAA. The Urban Yogini, hatha yoga, runners, golfers, child/parent and	D
High River	Levesque	Gisela	601-6110	YAA. Welcoming, intuitive, breath awareness, restorative, meditative,	
Hinton	McGettigan	Sharon	865-5379	YAA, YFT. Traditional Hatha yoga with focus on safety, alignment, breath	A
Innisfail	Housman	Jeanette	728-3231	YAA, SS. Breath awareness, gentle stretch, asana & relax'n.	
Killam	Lewis	Holly	385-2345	YAA-TTP. Hatha yoga focusing on breath in the body and body	
Lac La Biche	Arora	Serena	213-2256	Lakeside Yoga Studio Wellness Retreat. IYT, Ashtanga, Fusion. www.	A
Lacombe	Quick	Ilse	782-2084	YAA. Flow yoga, therapeutic yoga, hatha, restorative. Lacombe, Ponoka.	
Lacombe	Shackleton	Robyn	396-4795	YAA-TTP	
Lacombe	Wessner	Shauna	782-5119	YAA-TTP, YARD-TTP.	
Lacombe	Simpson	Tara	782-9750	YAA-TTP	
Leduc	Knobel	June	986-0797	YAA. Restorative yoga & vinyasa yoga to promote relax'n, balance, body	
Leduc	Vantanajal	Stephanie (Brooks)	980-3955	YAA-TTP. Vinyasa yoga instructor, group, couple, private classes	Beau
Lethbridge	Kunimoto	Val	381-6101	YAA. Cert'd with stretch awareness (3 yr Advanced Studies), Restorative	W S U
Lethbridge	MacArthur	Vickie	320-6763	YA. Ashtanga/Vinyasa Flow, Restor., Yoga Nidra, Thai yoga massage,	A
Manning	May	Elizabeth	836-3853	TY.	Hawk
Medicine Hat	Lopeter-Lloyd	Samantha	527-5881	YAA, JI 1 IYAC, YS. HMYS. Variety of classes all levels in the Iyengar	D
Medicine Hat	Risk Richardson	Amy	504-0744	YAA, IYTA, YIM. Kids, men, pre/postnatal, athletes, wheelch. MHC, <i>Blue</i>	A
Medicine Hat	Olsson-Campbell	Krista	528-3680	YAA. Hatha yoga, pre-natal, ashtanga (modified primary).	A
Okotoks	Avenati	Elvira	938-2047	YAA. Restorative yoga certified. Hatha yoga. Beginner, advanced, senior	A
Olds	Silberer	Tracy	556-2481	YS. Teacher. Iyengar style, classes & private. Pre-natal. +Calgary	N S D

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Onaway	Downing	Dave	967-3828	YAA. Edmonton, Hatha, Himalayan tradition, relaxation, meditation.	D
Onaway	Ewanchuk	Karen	967-3630	YFT-TTP, YAA, FK,RR.	Stony
Penhold	MacDonald	Shannon	886-4494	YAA-TTP	
Pine Lake	MacGregor	Deb	886-5313	YAA-TTP	
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	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,	A
Red Deer	Kolybaba	Ilse	341-4724	Hatha yoga, breath, relax'n. Breath into pose & awareness Sylvan Lake,	
Red Deer	Waschuk	Ann	343-3830	YAA, YARD. Asana, visualization, mantra, meditat'n & laughter. Red Deer	
Red Deer	Winchester	Maxine	347-6876	YAA. Hatha yoga. YARD.	
Red Deer	Hicks	Selina	342-4198	YAA. Pre/post natal, hatha.	
Red Deer	Blackwell	Suzanne	342-0758	YAA-TTP,AFLCA AB,B.Ed,NCCP Athletics/sports: martial arts, parent &	A
Red Deer	Dymianiw	Connie	343	YAA. Gentle beginner to intermediate hatha.	A
Red Deer	Neilly	Kerrie	343-3494	YAA-TTP	
Red Deer	Hamilton	Sharon	309-9603	DS-TT. Teacher, Ashtanga,	D
Red Deer	Ohama	Adele	309-9666	YAA-TTP. Ashtanga, balance, self-practice, self-responsibility,	
RockyMtnH se	Caine	Dianne	845-2591	YS.	
Sherwood Park	Campbell	Donalee	922-0125	YAA. Alignment based, heart centered style. Acupressure massage.	Sherw
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, awareness,	
Sherwood Park	Randolph	Joan	416-0774	GK, Siv. Ft. Saskatchewan and Sherwood Pk, body awareness,	
Sherwood Park	Krebs	Gerda	467-9259	YAA, FK. SHAW TV, Yoga Fits In Yoga videos available, 40 hrs	
Sherwood Park	Laine-Russell	Victoria	416	GK. Gentle hatha yoga classes for adults, simply for life, Sherwood Park.	
Sherwood Park	Stinn	Eva	467-5055	YAA, Cultivation of awareness through gentle hatha, breath, relax'n,	N S
Sherwood Park	Moore	Beverley	467-6157	YAA, GK. Trad. Hatha yoga. Vegreville, C. Edm., S. Edm., E.Edm.	S N D
Sherwood Park	Carline	Glenda	416-4211	YAA, GK, RR. Prenatal, Yoga Nidra.	
Sherwood Park	Deneka	Barb	416-2622	YAA. Student of Iyengar yoga. Classes in Sherwood Park, www.	W
Sherwood Park	Ackerman	Angie	464-4206	YAA, YFT, GK, YIN, ERYT500, RYT500. Acreage classes south of	S E
Sherwood Park	Fuelkell	Susan	922-4517	YAA, YFT, FK, GK. Trad. hatha, prenatal, Okido.	

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Sherwood Park	Chavda	Tina (Taruna)	449-3562	YAA, YFT, GK, FK, RR. Hatha yoga.	
Sherwood Park	Black	Morgan	922-8392	teacher	
Sherwood Park	Dionne	Debbie	416-4786	YAA. Hatha yoga instructor.	
Sherwood Park	Paul	Franklin	660-7777	YAA. Ashtanga, hatha, and laughter yoga.	E S
Sherwood Park	Espejo-Nugent	Abby	878-5094	YAA. YFT. Prenatal, BSc Kin, yoga therapeutics, CSEP-CEP.	D
Sherwood Park	McMullan-Baron	Sharon	467-4989	YFT 300 Hours TTP Sherwood Park/Edmonton. Gentle, restorative,MS,	E S D
Sherwood Park	Nugent	Reg	878-5094	YFT, BSc, CSEP-CEP, Masters of Exercise physiology, Prenatal.	U D
Spruce Grove	Arnold	Shenta	962-9370	YAA. Asana, meditation, relaxation, awareness.	
Spruce Grove	Schuster	Ann	960-3727	YAA. Gentle hatha to intermediate. Breath awareness. Small classes.	
Spruce Grove	Headrick	Sandra	470-0468	YAA, RR. Devon, Edm, Iyengar influence with emphasis on alignm't,	S
Spruce Grove	Yakemchuk	Jamie	628-5803	YAA-TTP. Hatha yoga: breath awareness, gentle, beginner & intermediate	D
St Albert	Balog	Margo Maya	458-9339	YAA, HI. East West Yoga Ctre. Medit'n, philos., breath, yoga therapy,	W
St Albert	Hagen	Barbara	460-9692	YAA. Gentle, systematic. Breath focused asana, moving inward for all	N W
St Albert	Reid	Krista	418-5547	FK, DS, PY-TTP, PTJ, RP,EM,ND. Ashtanga, Okido, hatha (Iyengar	E D
St Albert	Newman	Clare	651-2100	YAA, YA. Hatha, ashtanga, pre/post natal, flow, & kid's yoga.	A
St Albert	Wilson	Jan	423-3999	Certified Bikram Method Yoga Instructor, Occupational Therapist	W
St Albert	Pati	Becca	887-1610	RMT, RYT. Divine Health Studio, Ayurvedic nutritionist, vinyasa power	N
St Albert	Lakusta	Karen	418-7727	YAA-TTP. St Albert, Cardiff, and Legal.	Red
St Albert	Whitehead	Val	458-9208	YA, YAA-TTP. Hatha, Meditation, laughter, Desikachar, available to sub	N W
St Albert	Sadler	Susan	460-4543	Yoga Works Cert. YA RYT 200 hr; vinyasa& power flow style.	
St. Albert	Irwin	Jeanne	459-7443	YAA. Flow, gentle, recovery, mature students. +Edm.	W D
St. Albert	Tomita	Wendy	973-6378	YAA. Gentle, relaxing, mind body & breath awareness.	D
St. Albert	Wiens	Angela	459-4806	YA, RYT200, TY. Hatha, Vinyasa flow, yin yoga. Writing Through Yoga	
St. Albert	Hutton	Jennifer	418-4388	YAA-TTP Hatha, restorative & yin, connecting mind, body, breath.	
St. Paul	Zarowny	Irene	645-3163	YAA. Gentle hatha yoga, breath and body awareness, relaxation. +Elk	Elk
St. Paul	Jensen	Katherine	227-2240	YAA-TTP. Gentle hatha, Yin Yang, radiant kids, power yoga, post natal,	N
Stettler	Scheerschmidt	Eileen	742-4630	YAA-TTP. Gentle beginner yoga, emphasis on core stability, meditation &	
Stettler	Jilek	Christine	740-0056	YAA-TTP. Hatha, Iyengar, vinyasa styles.	S
Stony Plain	Adams	Meredith	963-3613	YAA. Certified Hatha Yoga instructor.	
Stony Plain	Cosgrove	Debra	963-1297	Ashtanga, kundalini, hatha, Acu Thai Yoga. www.harmonyhealthalberta.	

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Stony Plain	Cosgrove	Lacie	963-1297	Ashtanga, kundalini, forrest Thai, belly dance, meditation. www.	Stony Plain
Sturgeon County	Danyluk	Elizabeth	990-9217	Teacher. Hatha, Thai Yoga, PFT, hypnotic meditation. www.	A Sturgeon
Thorsby	Fjell	Judy	389-3311	YAA. Gentle hatha yoga with breath/body awareness. Mulhurst Bay.	
Vermilion	Stredwick	Sharon	853-4799	Certified Hatha Yoga Instructor.	
Wainwright	Miller	Jennie	842-4009	YAA. Basic and foundational, focus on breath, body awareness and	Rural
Water Valley	Ouellette	Jodi	637-2746	YAA. The body and mind are tools with which to explore our beautiful	
Westerose	Wood	Timothy	586-6265	Teacher	
Westlock	Robinson	Lorraine	348-5334	YFT	N
Wetaskiwin	Ervin	Linda(Creative Wellness)	352-4932	Teacher. Vinyasa yoga, Belly dance, Tai Chi, pilates.	