

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	AreaCode	Phone	Directory (For abbreviations see www.yoga.ca/directory.htm)	Location
Armstrong	Allan	Wendy	250	307-0569	YAA,FK. Hatha yoga all levels. Classes held in Edmonton area, Leduc & Armstrong, BC	Armstr
Belmont, Auckland	Locke	Marina		64 021 7722122	YAA, SOYA, IYTA, FHL. Pre & post natal, hatha yoga, teacher training. www.motherwellness.com	A,
Blind Bay	Dewitt	Jutta	250	675-4060	IYAC. Creating mind/body aw. Balancing strength & flexibility, relax'n, Intro. pranayama.	
Candle Lake	Murphy	Yvonne	306	929-2496	YAA. (M. Leblanc mentor) Desikachar -Breath & move't, gentle Hatha. Prince Albert SK - Margo Fournier Center.	
Courtenay	Michielsen	Elisabeth	250	338-4263	YAA, SA, YAs, SVC. Body awareness, asana, breathing, meditation, Works teacher training.	
Fort St. John	Baker	Linda	250	785-3914	YAA. Asana, pranayama, energy balancing, awareness, meditat'n, relax'n, Northern BC. Ft. St. John,BC.	
Golden	Grant	Wendy	250	344-2936	YAA. Gentle mindful approach, restorative, yoga for backs, iRest meditation.	
Kelowna	Forsythe	Tracy	250	862-2007	YAA. Hatha yoga. Kelowna.	
Lloydminster	Foss	Dale	780	875-3574	YAA. Serenity Yoga Studio.Gentle hatha yoga, breath, body awareness, and relaxation/meditation	A
Peachland	Johannesen	Shirley Jayanta	250	767-6784	YAA, DH, Vipassana, C.A.L.M., teaches natioanally/internationally. Adv TT www.stretchawareness.com.	
Quathiaski Cove	Beattie	Sue	250	285-2948	YAA. Restorative yoga with breath, body awareness, and sensation to grow love of Self. Quadra Island.	Quadr
Salisbury, NB	Schmelzle	Christie	506	372-8712	YAA. Focus on physical and energetic alignment of the body. Breath work and meditation.	Monct
Saskatoon	Nixey	Evelyn	306	683-2605	YAA, IYAC. Iyengar yoga classes.	N E
Victoria	Butot	Michele	250	419-3026	YAA, E-RYT(500). Hatha, eclectic meditative style, body awareness, alignment & breath, restorative.	
Westbank	Vogel	Dariel	250	768-0887	YAA,SOYA,ITYT,ERYT500,YABC, FK, YS. Awareness, flow in asana practice w/ methodology & philosophy.	West
Winnipeg	Lavitt	Alerry	204	452-5840	YAA. Traditional HY, therapeutic use of asana, pranayama, chant, strengthening, deep relaxation, Iyengar TTP.	D