



Dedicated to enriching your life through the art, science and philosophy of yoga.

January 2021 Newsletter

A Message From Val

"Good night Mom. I love you. 1500 people died today."

This is the text message I received from my daughter who lives in London, UK. Even though her grandparents, both age 94 and both survivors of Nazi camps, have shared occasional glimpses of those hardships with her, this is her generational calamity. This is where we are.

As we fortify ourselves to face the home stretch of lockdown followed by a long recovery, it helps to remember that each generation had their hardships and survived and were often stronger for it. I know it doesn't feel like it right now, but we will be too. It is important to embrace our spiritual selves and trust that what we have inside will meet these times. Swami Veda says we can drop into our spiritual selves with just 5 minutes practice a day. Swami Radha said 'take time to be holy'. Whatever your faith, it is a good time to draw from it. When we practice, the transpersonal qualities of patience and even unflappable peace can overcome the many inconveniences and deprivations that are imposed on us. We are stripped bare of any guarantees except for one ... the ability to choose our response. When we are not anchored in our spiritual centre we get lost in the shuffle. Our centre is smothered by the fear of worrying what's going to happen next. So trust. Patanjali says we are not separate but subtly and sweetly interconnected in a shared humanity. Yes, we share the virus but we also share the collective will to defeat it.

Personally I am reminding myself not to get too comfortable in isolation. I am checking in on seniors who are frightened and cooped up. I offer private sessions to those around me having a rough time. I remind myself nothing is forever and I focus on the silver linings of this covid cloud. My family has never been closer and my meditation cushion has never been more used. In my business coaching, I encourage people to focus on innovating and not just surviving.

Lastly, at the level of Prakriti which is physical form, we can help ward off the virus by paying more attention to what keeps our immune systems healthy. We all know the drill but here's a reminder: Vitamin D supplement daily, immune boosters like echinacea, sage and oil of oregano,. Antioxidants like blueberries. Reduce or avoid sugar, gluten, dairy and gmo foods because they are inflammatory and compromise our immune. All yoga practices help but especially breath work and sound/chanting to regulate the parasympathetic nervous system. Cultivate positive emotions empathy, compassion and kindness which create homeostatis in the hormonal/endocrine healing system. Extract the beauty from being in nature. Find laughter. And above all, don't worry. All will be well, it truly will.

Valery Petrich

Director
Yoga Studio College of Canada
(est. 1996)

Links to ease you through the winter months.

A 5 minute video poem on how to lean into loneliness. (great for teens but it does have the F word) <https://www.nfb.ca/film/how-to-be-at-home/>

Ryan Leier has closed his Saskatoon yoga studio after 10 years. He has regrouped under One Yoga Digital Studio. Now that's innovation! Too late to join his 40 day challenge but he will be offering another one. www.oneyogaforthethepeople.ca

Good quality on line yoga classes with senior teachers: theyogastudiocalgary.com

Still the best YIN training anywhere, contact Debby for the May sign up: yogamaya.ca

4 Yoga Sutras lectures with Dr. Norman Sjoman Feb 2,9,23 and March 2, 2021.

Contact sjoman@shaw.ca



Fr. Joe Pereira continues to service the world from his humble room in Mumbai! It really is something to join others globally, all thanks to the organizational skills of **Leigh Milne** of Salt Spring Island.

Upcoming dates: February 26, 27, 28 7AM TO 9AM, MST www.sadhanayoga.ca



Grad News



Tony Trott

Tony Trott had a years long committed meditation practice in the Himalayan tradition when he signed up for the Yoga Studio College teacher training program in 2017. Here he formalized his studies and knew very quickly that his path would be to teach meditation.

Tony furthered his training with the MindBuilder Meditation Training Institute (founded by YSC graduate Paul Larmer). He threads Eckhart Tolle's philosophy on consciousness and Buddhist thoughts on Vipassana into his teachings.

He retired from his career as an IT architect with an oil and gas company in 2020 and now teaches meditation, its philosophy and practice. Says Tony *"I teach how meditation increases our level of consciousness in daily life and replaces stress and anxiety with peace and contentment"*. You can catch Tony's meditation Tuesday evenings by zoom. Contact trottant@shaw.ca. Tony lives in Cochrane, AB.

**Beth Brookwell**

Beth Brookwell is a graduate of the Yoga Studio College 200 hour program and Gold Therapy program. She is a certified Recreational Therapist through Mount Royal College and a certified Health and Life Coach. Her new web site www.healthinstride.com shows how she has integrated yoga with life coaching.

Says Beth 'Because yoga is a practice of awareness, very often our thoughts and beliefs present to us for introspection. Learning how these thoughts determine outcomes is key to understanding our choices. We can all benefit from the support of an objective, supportive coach when our choices are unclear.

I hear regularly how stressful these times are due to loss of a partner, change in financial situations and many other challenges, particularly as we age. This is when applying the philosophies of yoga, leaning into a supportive community and a life coach can help us regain our voice and empowerment!

*I have been blessed with a vibrant yoga community over the past ten years. We are lifelong learners who learn from each other. Nothing gives me more joy than to ask people, “**What lights you up inside?**”*

News About Richmond Studio

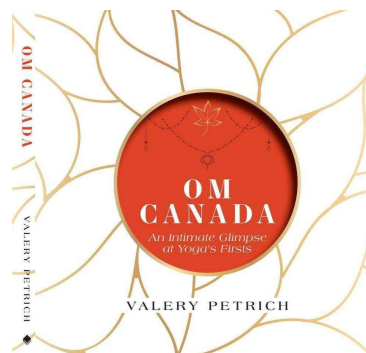


When I first opened the Yoga Studio South Calgary in 1996, on the first day and my first class – only one person showed up. I was terrified! Here I am 25 years later. I opened my new studio in Richmond. The first day first class and 2 people showed up. I call that 100% increase! I love being humbled by the new beginnings and I love being in the saddle again. Here's a pic of me with the new props made by graduate Ellen Wolf and her fabulous prop company www.myyogaroomelements.com

Book Release

Om Canada is now available!

A unique gift for you and a yoga friend!



"This is a phenomenal book of the history of Canadian Yoga. OM CANADA by Val Petrich had me be very nostalgic of our history. I loved the photos I would never have thought existed."

Chip Wilson
Founder of Lululemon Athletica and author of "Little Black Stretchy Pants"

[Click Here to Order on Amazon](#)

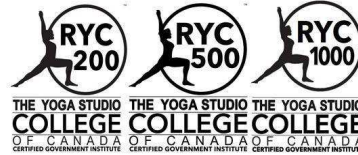
[Click Here to Order on FriesenPress](#)

You can also order through 1yogalady@gmail.com for \$35.00 + \$15 shipping + handling fees.

Designation

Doing something interesting as a yoga teacher? Contact me with your latest passion to share with other teachers.

If you are a YSC alumni, contact me for your 200, 500 or 1000 hour designation at 1yogalady@gmail.com



The Yoga Studio College of Canada

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