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## Teachers & Alumni Newsletter

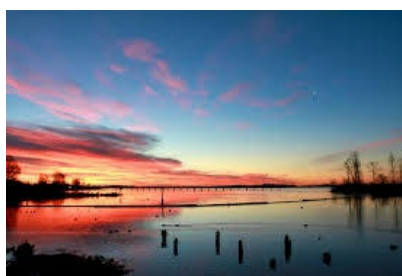
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*Dedicated to enriching your life through the art, science and philosophy of yoga.*

August 2019 Newsletter

Dear Yogi,

### A Message from Val



*Valery Petrich*

Director  
Yoga Studio College of Canada  
(est. 1996)

I continue to be impressed by the accomplishments of our YSC alumni, now spread out across all corners of Canada.

I enjoy receiving the updates on your work and cutting edge creativity I see. So many connections and friendships forged in time.

For those still asking, "who do I teach?", the answer is "whoever is in front of you right now." Don't wait until you know "more". Don't wait for ideal conditions.

Drop into NOW, that spiritual space you know so well that brought you to yoga in the first place. Invite them to join you in your practice. It's as simple as that.

They'll be so glad someone is finally speaking their language! It starts now and it starts with you and you were ready yesterday. Believe it.

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Watch for news of my book signing soon at Yoga North (Crowchild). **OM CANADA** is the result of interviews across Canada with our first and finest yoga pioneers. There are remarkable stories you will want to read and share!

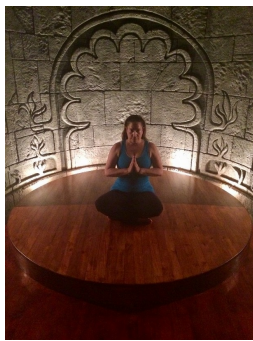
## Teacher News





### Rosemarie Bartschak

Congrats to Rosemarie Bartschak on receiving her 1000 hour teacher YSC designation.



### Kim Remoundos

And congrats to Kim Remoundos for receiving her 500 hour YSC designation.

Catch their classes on the YSC Facebook page!

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. YSC is a registration body, not regulatory body, with no fees. We do not belong to Yoga Alliance.

## Upcoming Events & Workshops

The experience of a lifetime! Tee up your life for better health, spiritual fulfillment and new friends.

Our next [Teacher Training Program](#) starts January 3 with Trish Robbins and Val Petrich.

Check out our calendar [here](#).

### The History of Yoga, with Val Petrich

**Friday, September 13, 2019**

**7:00pm - 8:30 pm | \$25 + GST**

This workshop is a prerequisite for students registering for the Teacher Training Program. This workshop will present the interesting spectrum of yoga history from its roots in India to modern day.

[Details & Registration](#)

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## The Yoga Sutras, with expert Normal Sjoman

**Sunday, September 22 | 1:30pm - 3:30 pm | \$45 + GST**

Normal will enlighten us with his knowledge of the Yoga Sutra, as well as the texts that were written a few thousand years prior, and the ones which were chronicled after. This is a glimpse into the whole of yoga tradition.

Details & Registration

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## Shakti—Awakening the Goddess Within, with Kevin Naidoo

**Sat. Sept. 28 - Sun. Sept. 29 | 1:30pm - 4:30 pm | \$120 + GST**

If you know any teen struggling with drugs, please share [this interview](#) with Kevin Naidoo. His remarkable journey from addiction to nationally recognized yoga teacher with his own TV series is inspiring. Then sign up for his workshop!

Details & Registration

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## Father Joe Pereira, Kripa Foundation Iyengar Yoga Training

**Friday October 4, 2019 - Sunday, October 6, 2019 | \$165 + GST**

This three day training with renowned Fr. Joe Pereira is an opportunity not to be missed! This intense but rewarding practice is based on the early teachings of BKS Iyengar as shared with Fr. Joe over a lifetime.

Details & Registration

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## Advanced Training for Teachers & Trainees, with Val Petrich

**Sat. Nov 23 - Sun. Nov. 24 2019 | 1:30pm - 5:30 pm**  
**\$100 + GST | \$50 + GST for Yoga Studio College Alumni**

Take it up a notch with these 24 poses from the YSC advanced syllabus.

Details & Registration

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The **Yoga Studio College of Canada (YSC)** is a Canadian alliance of yoga teachers and yoga therapists. Register with us to have Canada-wide recognition and improve your employment opportunities. Graduates may use the insignias below. [Contact Valery Petrich](#) for your designation. YSC is not a member of Yoga Alliance.



Are you a grad of the Yoga Studio College of Canada? [Join our private Facebook group](#) and connect with your fellow alumni!



