



## Teachers & Alumni Newsletter

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

June 2020 Newsletter

### A Message From Val

Swami Radha used to say when we practice topsy turvey poses, we gain a new perspective at seeing our world upside down and better at navigating uncertainty. In these uncertain times, learning how to navigate seems like another practice...and it is.

It is hard to see our daily home practice as a rare opportunity when our thoughts are racing fears of finances and all else this pandemic has brought. But when you remove the 'rushing to get to class to relax' mode we have previously been in, it starts to be more appealing. But why bother practicing at all when there are kids, dogs and all other intrusions in a shared space? Firstly, the spiritual practice that yoga brings is a BALLAST to all else. Asana keeps the body tethered to a singular moment and is an expression of inhabiting our bodies lovingly. That is why it is important to pick a practice that you enjoy. Yuval Harari in the book 'Sapiens, a Brief History of Mankind' asserts a definition of happiness as when we are experiencing a pleasant kinaesthetic experience.



*Valery Petrich*

Director  
Yoga Studio College of Canada  
(est. 1996)

Thus rather than feeling panic by the changing target of normalcy, we lead our response. Practice guides us to a place untouched by chaos, a place where resilience lies. Things are never as bad as they seem but our minds certainly make it so. We can catch this and slow it down through asana. Then when settling into meditation after Savasana, we can truly detach from the thoughts that produce panic, doubt and fear. Practice helps us trust we have the skills and resources to navigate our ship rather than feel rudderless. We might not be able to control the events around us but we are fully capable of setting the psychological tone for HOW we respond. The spiritual birthright of peace is more accessible when we practice rather than leaving our experience to chance. This is where calm power resides. Keep recommitting to practice and trust the process. It's not always easy but I guess that's why they call it practice. Try meditating in a group by joining Pandit

Dabral's Satsang on Zoom Thursday nights at 7:30 at [www.himalayanmeditation.com](http://www.himalayanmeditation.com) or listen to or listen to [Ravi's 15 minute talk](#).

## Grad News

### Graduating Class of 2019/2020



Back row left to right: Kimberley Johnson, Nikki McCaslin, Charlotte Parkinson, Leann Kleckner, Brenda MacLeod, Kyla Stack, Corinn Claydon, Jennifer Auld-Roach, Allison Richards, Peter van't Riet. Front row left to right: Priscilla Pulgar, Roxanne McKnight, Trish Robbins, Michelle Felzmann, Sangeeta Panjwani, Naomi Takeda

***“It is said that to be a fine teacher, for any particular student, is to be the person that student has waited to meet all his or her life!”***

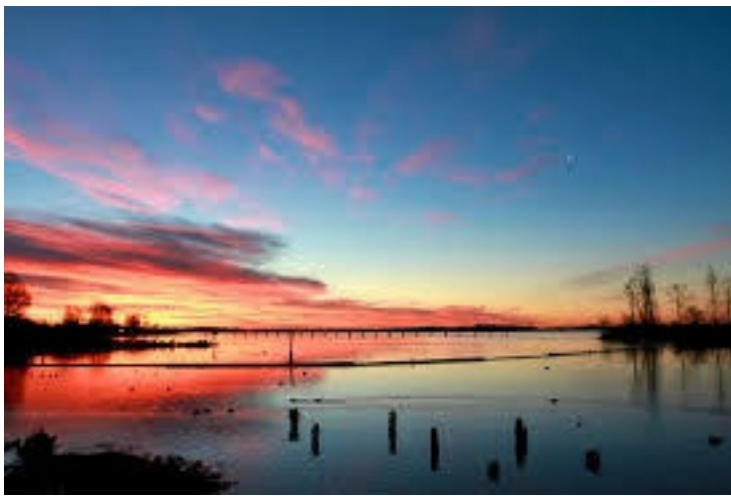
## Yoga Studio College Diploma

### Things to remember about your diploma:

- The YSC diploma is widely recognized across Canada as a pioneer TTP and a certified educational institute.
- Should you need something further, like a letter of reference or a new copy of your diploma, please email Brenda at [info@yogastudiocollege.com](mailto:info@yogastudiocollege.com)
- You are registered with YSC as a Canadian wide registry. You will receive updated information and newsletters. There are no fees.
- There is no need for you to be Yoga Alliance certified unless you see added benefit. YSC split from YA in 2015.
- If you haven't already, join the YSC alumni Facebook page to stay connected, inspired and share resources!
- Don't have your 200, 500 and 1000 hour designation? See bottom of newsletter.
- Continue to call on Val for mentoring, coaching, writing curriculum, marketing help, honing a business plan and, yes, I will read your lease. Always gratis and with pleasure.

## News About Richmond Studio

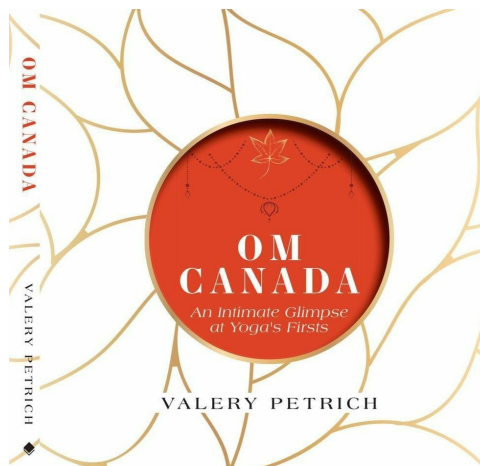
Post Pandemic, watch for trainings to begin with Val at 6231 London Rd., Richmond B.C. You are invited out to study with me at this beautiful place by the water!



## Book Release

Om Canada is now available!

**A unique gift for you and 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](#)

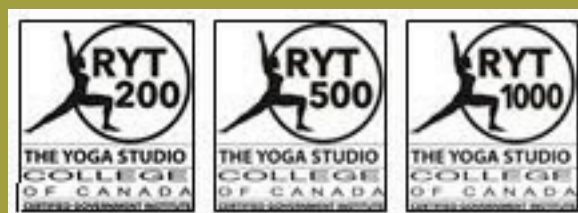
[Click Here to Order on FriesenPress](#)

You can also order through [1yogalady@gmail.com](mailto: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](mailto:1yogalady@gmail.com)



The Yoga Studio College of Canada

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