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Teachers & Alumni Newsletter

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

May 2018 Newsletter

Dear Yogi,

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 by contacting Valery Petrich: 1yogalady@gmail.com for your designation.

Mark your calendar for our fall workshop, [60 Classical Yoga Poses](#), and upgrade your skills with Trish Robbins!



A Message From Val

Gotta love those grads!

After 22 years of training teachers, I see some pretty **impressive** results with our grads from sea to shining sea! Give a person a little knowledge and a lot of **encouragement** and great things happen. Mentoring others honours the tradition of lineage from India.

Check out our **Teacher News** to see some of our graduates across Canada putting their skills to work. Talk about creativity!



Valery Petrich

Director
Yoga Studio College of Canada
(est. 1996)

It's about those hips!

I was chatting with senior Iyengar teacher and Saskatoon yoga icon Jo-ann Sutherland the other day and we were whining about our hips. Being a long-time practitioner of Iyengar yoga, I attribute my current hip problems to those delicious long holds I spent years savouring. (Yes, I actually did fall asleep in Supta Raja Kapotanasana once). So take a word of caution from the seniors. When you start to feel those twinges in your hips, ease off the Warrior poses and any poses that "load" the hip joint, especially revolving standing twists.

GRAD NEWS

Congrats to the 2017 graduating class!



Tony Trott, Shelby Bradford, Tracey Graham, Larissa D'Silva, Lois Hinz, Ed Grozic, Pauline Geoffrion, Carolyn Carlson, Jayme McCann, Claire Huene, Silvia Illiano, Trish Robbins, Oscar Surla, Lori Betts, Val, Lisa Tompkins, Jodie Hanson, Lisa O'Brien, Andy Johnson, Brigid O'Shea. Missing: Sarah McGough, Janelle Mikal, Vie Wong, Jacqueline Schmidt

Grad News

Yoga in Waterton with Mary Anne Reeves June 16 or June 18, 2018 | 8:00am - 9:15am | \$15

Would you like to achieve overall better health and vitality in your life? Come to the [Waterton Wildflower Festival](#) and learn about the science of breathing and how to return to your natural state of correct breathing.



Commendable work done by Lynne Swenson For many years she has taught the Alberta Sports and Recreation for the Blind and the Canadian Council for the Blind.

Says Lynne, "These classes are extremely rewarding. I believe I have learned as much from my students as they have learned from me. Iyengar yoga is ideally suited for the sight challenged population because of the emphasis on verbal cueing, functional alignment and the supportive use of props.

I am forever grateful to the YSC for giving me my start in this rewarding career and to further certification through the Iyengar Yoga Association of Canada."



Shyla Hacala

Shyla is now living in Halifax and has started her own [mentorship program for yoga businesses](#). Check it out!



Upcoming Events

Information Sessions for 2019 Intake

Sat. May 5 | 5:00pm - 6:00pm and Sat. June 2 | 3:00 - 4:00pm | Free

At the Yoga Studio of Calgary #211, 5403 Crowchild Trail NW

The 2019 **Teacher Training** starts January 4 ([click here for the calendar](#)) and the **Gold Therapy Teacher Training** program starts January 11 ([click here for the calendar](#)). Or call Trish at 403-284-9400 or Val at 403-874-5332.

The History of Yoga with Val Petrich

Friday Sept. 14, 2018
7:00 - 8:30 pm | \$25 + gst

[A lecture](#) tracing yoga from the beginning of time to current North American trends. This is a prerequisite for the 2019 teacher training.



Details & Registration

Philosophy 101 with Anne Douglas

Friday Oct. 12, 2018
7:00 - 9:00 pm | \$45 + gst

[This overview](#) of yoga philosophy will include exploring the ancient yoga texts of the Bhagavad Gita and Patanjali's Yoga-Sutras. This is a prerequisite for the 2019 teacher training.



Details & Registration

Upcoming Workshop

Kripa Foundation Iyengar Yoga Workshop with Fr. Joe Pereira

Sept. 28 - Sept. 30, 2018

This training is ideal for teachers and trainees working with addictions and related ailments. It is an opportunity to learn the Iyengar system of healing in depth from someone who worked with BKS Iyengar for many years.



Details & Registration

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



The Yoga Studio College of Canada

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