



## Teachers & Alumni Newsletter

www.yogastudiocollege.com • info@yogastudiocollege.com • 403-874-5332

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

May 2020 Newsletter

Dear Yogi ,

Fridge too convenient during the lock down? Try this sequence to fight the munchies.

Virabhardrasana 111 - 1 minute, Adho Mukha Svanasana - 2 minutes,  
Sirsasana - 3 minutes, Bhujangasana - 2 minutes, Dhanurasana - 1 minute,  
Jathara Parivartanasana 5 x, Navasana - 1 minute, Savasana

**Put the timer on!**

## A Message From Val

### A Reflection on Current Times

The pandemic has challenged us all to be creative and resourceful. Chris and Jodie, owners of the Yoga Studios Calgary, quickly organized quality online classes to meet their customers' needs. Teachers' living rooms got knocked into shape to create makeshift studios. Sign ups grow as students seek the convenience and ease of virtual learning.

But just like videos did not replace the theatre experience, virtual will not replace the studio experience. People like to be with people and the teacher needs to see their student in order to correct and adjust. People that practice together, grow together and create community. But until then, stay home and stream, baby, stream!



*Valery Petrich*

Director  
Yoga Studio College of Canada  
(est. 1996)

## Grad News

# Corinn Claydon

After a serious car accident in 2017, Corinn delved more into yoga by taking the YSC teacher training program. “I had some profound realizations as I learned to appreciate the gifts in moving slowly, mindful breathing and a new normal. I currently speak about Mild Traumatic Brain Injury, TBI, my personal experience, and the scientific evidence supporting yoga and meditation as healing. I teach 8 week yoga sessions. I also make sure yoga happens daily, some way, somehow. It is important self-care for me – to keep my joint inflammation and achy neck at bay and also essential for my mental health’.



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# Debra Russell

Debra uses her yoga skills in her consulting company as an international sign/language interpreter. She took her first yoga class in 1979 and graduated from the YSC in 2005. As a frequent sojourner, her yoga mat is always with her – ready to practice where ever she is, be that a hotel room or an airport. The practice of yoga sustains her throughout her busy professional career, and her mats have been in some 62 countries over the past 15 years. She has also integrated yoga philosophy and teachings into her work with signed language interpreters here and abroad. I use phrases such as “where attention goes, energy flows”, which have great relevance when teaching sustained attention and awareness as it applies to the cognitive process of managing two languages and challenging assignments. In addition, being a yogi has enriched my personal life, helping me navigate some of life’s more challenging moments, like the experience of cancer and recovery from a broken hip’



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# Sarah Robson

Sarah recalls a childhood where she felt helpless watching her mother suffer from MS (picture right). When her mother died, she took the YSC teachers program in 2019 with the express purpose of helping others. This week she sealed the collaboration with the MS Society to provide virtual classes. She is very elated and we can see why! She made her dream come true. Her new company provides numerous online classes for those with limitations. Congratulations Sarah. Find her page on Facebook 'Just for You Yoga.'



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# Nikki McCaslan

Nikki is a 2019 YSC graduate. She has just been awarded the CADME (Calgary Association for the Development of Music Education) grant to create videos on breath-work and yoga for middle and high school music students. She is using the current isolation period to prepare her project. Congratulations and very creative Nikki! Keep us posted on this worthwhile project and we wish you the best!



## 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

**A unique gift book for you and your yoga friend!**

OM CANADA! is now available. We lost our oldest yoga teacher, Ida Herbert, recently at age 104. Read about her in my book.



*"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"

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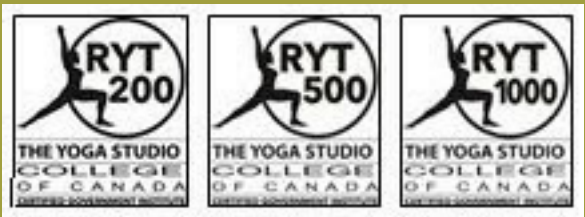
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You can also order through 1yogalady@gmailcom for \$35.00 + \$15 shipping + handling fees.

## 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.  
YSC is a registration body, not regulatory body, with no fees. We do not belong to Yoga Alliance.  
1yogalady@gmail.com



The Yoga Studio College of Canada

[info@yogastudiocollege.com](mailto:info@yogastudiocollege.com) | [www.yogastudiocollege.com](http://www.yogastudiocollege.com)

#211, 5403 Crowchild Trail NW Calgary, Alberta | Engagement Marketing by [Conscious Commerce](#)