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Teachers & Alumni Newsletter

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

September 2018 Newsletter

Dear Yogi,

A Message From Val

How to Succeed as a Yoga Teacher, Part I Discipline

Fall invites a return to routine and a routine invites discipline. Our short summers pull us to nature and who doesn't need that?



Valery Petrich

Director
Yoga Studio College of Canada
(est. 1996)

...Heading back to our mats and meditation cushions is a discipline and it is here the secret of a successful yoga teacher lies.

The perseverance of practice spills over into all the moving parts of our life, making it run smoothly and effortlessly. This can happen with just ten minutes of meditation a day, although like everything else, the more you invest the more you receive.

Meditating accesses intuition, leading to better decision making. It sharpens our life skills by slowing us down enough to more fully engage in what we are doing right now. Instead of being "busy" with the all-frenzied energy that implies, we simply become more productive. The precious balance in our life becomes more achievable.

Think about your favourite teacher and you will agree that this authenticity is picked up by students energetically. Dollar to a donut your kids notice. Discipline comes from the word disciple. So let your rich inner life begin with meditation as your "appointment with the Divine". What else could be more important?

*Drop-in meditation begins Sunday, September 16 at the Crowchild studio with graduate **Tony Trott**. Call 403-265-6295 for more information.*

*Part II coming next: **Yoga and Business —Why Yoga Studios Fail**. Tips I've acquired while coaching studio owners in western Canada and from 40 years of running small businesses successfully.*

Teacher News

Dee Shea

Dee Shea, graduate 2012, taught yoga at Sylvan Lake this summer. They all got the glow!



Upcoming Events & Workshops

Get ready now for [Teacher Training](#) January 2019
The experience of a lifetime!

The History of Yoga, with Val Petrich

Friday, Sept. 14, 2018

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

Join Val for a fascinating workshop that traces yoga from its roots to current North American trends.



[Details & Registration](#)

Starting a Home Practice, with Trish Robbins

Saturday, Sept. 22, 2018

1:30 - 4:30 pm | \$65 + gst

Do you want to practice yoga at home but just don't know where to start? Join Trish to learn all the tools you need to build a strong home practice.



[Details & Registration](#)

Kripa Foundation Iyengar Yoga Workshop, with Father Joe Pereira

Sept. 28 - 30, 2018

\$180 + gst

Gained a few pounds over the summer? Need a spiritual tune-up? There are still a few spots in Fr. Joe's Iyengar workshop coming up this month!



[Details & Registration](#)

Advanced Training for Alberta's Teachers and Trainees, with Val Petrich

Nov. 24 - 25, 2018

1:30 - 5:30 pm | \$100 + gst (\$50 + gst for YSC alumni)

Calling all teachers and wannabe teachers! Learn the advanced syllabus of 24 achievable poses to take you and your students to the next level.



[Details & Registration](#)

Back by popular demand...

Pain Care Yoga Workshop, with Neil Pearson

Nov. 9 - 11, 2018

\$450 + gst

Learn about pain science, pain self-management techniques, and yoga philosophy and practices. Ideal for yoga teachers, yoga therapists, health professionals, and those in pain.



[Details & Registration](#)

Did you know that YSC alumni receive 25% off all Yoga Studio of Calgary and Yoga Studio College of Canada workshops? Call the studio to register (403-265-6295) and mention that you're a YSC grad!

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. 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!



The Yoga Studio College of Canada
info@yogastudiocollege.com | www.yogastudiocollege.com
#211, 5403 Crowchild Trail NW Calgary, Alberta | Engagement Marketing by [Conscious Commerce](#)