



\$5 classes by our Kshatriya Training Graduates

► SATURDAY, NOVEMBER 22ND			
Meg Mielnichuk	12:00 – 1:30PM	Hatha Music Series	Downtown
► MONDAY, NOVEMBER 24TH			
Janet Trieu	6:00 – 7:30PM	Beginner Ashtanga	Downtown
► SATURDAY, NOVEMBER 29TH			
Ashley Robertson	9:30 – 11:00AM	Hatha Beginner	Wolf Willow
► MONDAY, DECEMBER 1ST			
Lesley Robinson	6:00 – 7:30PM	Beginner Ashtanga	Downtown
Ashley Robertson	2:30 – 4:00PM	Post Natal Yoga	Wolf Willow
► TUESDAY, DECEMBER 2ND			
Jes Henderson	9:30 – 11:00AM	Hatha Beginner	Perron Street
► WEDNESDAY, DECEMBER 3RD			
Jes Henderson	12:00 – 1:15PM	Yoga Flow	Perron Street
Melanie Genge	6:00 – 7:30PM	Restorative Hatha	Wolf Willow
► THURSDAY, DECEMBER 4TH			
Sharlene White Wolsey	9:30 – 11:00AM	Hatha Beginner	Perron Street
► FRIDAY, DECEMBER 5TH			
Darren Maxwell McCann	12:00 – 1:15PM	Beginner Ashtanga	Perron Street
► SATURDAY, DECEMBER 6TH			
Lesley Robinson	9:30 – 11:00AM	Hatha Beginner	Wolf Willow
► MONDAY, DECEMBER 8TH			
Thea Mercer	6:00 – 7:30PM	Beginner Ashtanga	Downtown
► FRIDAY, DECEMBER 12TH			
Darren Maxwell McCann	12:00 – 1:15PM	Beginner Ashtanga	Perron Street
► SATURDAY, DECEMBER 13TH			
Janet Trieu	12:00 – 1:30PM	Beginner Ashtanga	Downtown
► WEDNESDAY, DECEMBER 17TH			
Monica Boucher	6:00 – 7:30PM	Hatha Beginner	Downtown
Melanie Genge	6:00 – 7:30PM	Prenatal Yoga	Downtown
► MONDAY, DECEMBER 29TH			
Lisa Babiuk	6:00 – 7:30PM	Hatha Beginner	Wolf Willow
Mariah Armstrong	7:30 – 9:00PM	Beginner Ashtanga	Wolf Willow
► TUESDAY, DECEMBER 30TH			
Colin Bacsik	6:00 – 7:30PM	Restorative Hatha	Wolf Willow
► SATURDAY, JANUARY 3RD			
Melissa Perret	1:00 – 2:30PM	Inspired by Iyengar	Downtown
Colin Bacsik	9:30 – 11:00AM	Hatha Beginner	Wolf Willow
► SUNDAY, JANUARY 4TH			
Lisa Babiuk	10:30 – 12:00PM	Flow Yoga	Perron Street
Mariah Armstrong	10:30 – 12:00PM	Ashtanga I Ujjayi	Downtown
Elizabeth Danyluk	11:00 – 12:30PM	Discoverer Hatha	Wolf Willow
► TUESDAY, JANUARY 6TH			
Thea Mercer	6:00 – 7:30PM	Restorative Hatha	Wolf Willow
Elizabeth Danyluk	9:30 – 11:00AM	Hatha All levels	Perron Street
► FRIDAY, JANUARY 9TH			
Sharlene White Wolsey	12:00 – 1:15PM	Beginner Ashtanga	Perron Street



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biographies

RACHEL MERCHANT

I really enjoy Yoga for its simplicity. All you need is an open mind and an open heart.

LESLEY ROBINSON

I am a former ballerina with the Alberta Ballet Company and 20 years in the fitness industry. I am looking forward to taking my knowledge of Yoga and reaching everyone from seniors to elite athletes.

MELISSA PERRET

I have been practicing yoga for about 4 years and it has brought stability to my life.

JES HENDERSON

Yoga helped me find peace when there was only chaos, light when there was only darkness and breath, when I was sure that I had none. It is now my duty and honor to pass on the gift of yoga to others.

LISA BABIUK

Lisa has been a part of the fitness and wellness industry for over 17 years. Lisa believes that an individual's wellness comes from within, therefore looks forward to embarking on a new journey with yoga with this philosophy.

DARREN MAXWELL MCCANN

COME. PLAY. YOGA.

ASHLEY ROBERTSON

I am an Engineer and professional land surveyor with 2 young children. Yoga helps me bring balance to our hectic daily life. In addition to supplementing and enhancing an active lifestyle, yoga brings much needed calm and serenity to my day.

SHARLENE WHITE WOLSEY

Three and a half years ago I contracted a rare pneumonia which stopped me in my tracks. I went from running 5 to 10 kms a day to barely walking 1/2 a block. January 2008 I purchased an Ashtanga Yoga DVD, which I practiced almost daily. Today, my body, mind and soul are healthier and if I choose, I can run.

TAWNY-LEE RERON

I believe our bodies are a gift and should be explored and opened. Teaching students the power of yoga for peace of mind and inner strength is such a gift and I cannot wait for my teaching journey to begin. Live. Love. Laugh.

JANET TRIEU

I used to think the only way to be physically fit was through many excruciating hours at the gym. At first, my yoga practice was just a means to attain my physical goals, but as a wise man once said, as long as you are on your mat, the gifts of mind and spirit will come.

MEG MIELNICHUK

A practitioner of yoga for over 5 years, Yoga has made a significant change in my life in many different ways and it has inspired me to want to teach this gift to others.

THEA MERCER

Fall. Graceful. Awaken. Discover. Participate. This is an invitation. Welcome!!

ELIZABETH DANYLUK

Elizabeth is fascinated by the mind, body and spirit connection and is currently delving into healing modalities such as reiki and cranial sacral therapy. She looks forward to this yogic journey into herself and is excited to share the experience with others.

COLIN BACSIK

My journey to Yoga started out as part of a physical training regime. In 3 years I have seen my practice and intention evolve to a point where I feel honored/compelled to assist others on their journey as well. Yoga helps me cope with my sore back, poor balance, and perhaps most importantly eases and clears my mind. Thank-you Yoga!!

MONICA BOUCHER

Monica Boucher leads an athletic and active lifestyle. Her practice of yoga is energized through her continuous exploration and study of the human body and mind. She has special interests in athletes and special populations and believes anyone can share in the benefits yoga has to offer.

MARIAH ARMSTRONG

I began exploring yoga 2 years ago and could never have imagined the benefits I was to discover. When I realized the positive effect Yoga could have on the body, mind, and spirit I became enthusiastic to share this experience with others. Teaching yoga enables me to guide others on their yogic path, while developing my own.

MELANIE GENGE

Melanie has degree in Kinesiology Sports Performance and Management with a minor in Contemporary Dance. Melanie hopes to use her knowledge of how the body moves in space to specialize in Pre/Post Natal, Hatha, and children's yoga. She is passionate about teaching yoga because it develops harmony, tranquility and mindfulness within, and enhances the natural ability to radiate kindness, love and light.