



Teachers & Alumni Newsletter

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

March 2021 Newsletter

A Message From Val

During covid, virtual streaming allows some teachers to reach a larger audience than ever before. A neighborhood class is now reaching a national and even international audience. Who would have thought? It shows another example of our ingenuity when pressed to the wall. What are the trends and how can we ride them? If we don't, where will be 3 years from now? If we do, will we broaden our connections? Here are some news events that reflect successful virtual gathering as well as some significant milestones worth celebrating. Go ahead and be inspired!

Valery Petrich

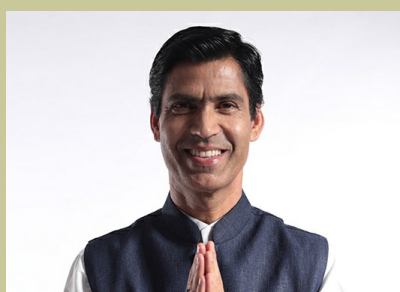
Director
Yoga Studio College of Canada
(est. 1996)

HALLELUJAH! HERE AT LAST! YOGA TEACHER TRAINING PROGRAM with Father Joe Pereira



Fr. Joe Pereira has been coming to Canada since 1983 to give trainings. Now, there is no more jet lag! He is reaching a vast international virtual audience ...all from his humble home in Mumbai! The spirit of the gathering is contagious and it has the feel of a huge global family. From this has emerged the long awaited KFIY teacher training program. The launch of this certification program formalizes almost 40 years of his work teaching and adapting the Iyengar style of yoga to those in recovery.

Voila! I know many are rejoicing about this! It starts May 1. Check it out here.
kripafoundationiyengaryoga.ca



PANDIT DABRAL 20TH ANNIVERSARY
coincides with his Virtual Ashram

Calgary's yoga community has been blessed that Pandit Dabral chose Calgary for his home 20 years ago. Pandit was born near Dehradun, India. Here he learned how to chant the ancient Vedic scriptures in their original language of Sanskrit while at his father's knee. This early education with his scholarly father ultimately led to him obtaining a PhD in Indian philosophy. As a young man, Pandit travelled to Rishikesh, Indian's corridor of ashrams, where he met Swami Rama, a renowned master in the Himalayan yoga tradition which traces itself back to the monastic order of Shankara (800 A.D).

Pandit found himself on a walk one day with Swami Rama when the words that fell from the master's lips posed a simple question that would shape his destiny forever.

'Would you like to teach in the west?'

Panditji readily accepted and in 1992 he travelled with Swami Rama to the Institute he had founded in Honesdale, Pennsylvania. He was subsequently appointed Spiritual Director of several Midwest Himalayan centres. During these years, Pandit visited Calgary several times to visit the Himalayan group. When Pandit found his bride Uma, he began some soul searching on where to call home and raise a family. The mountains beckoned and the friendly welcome of Calgarians pulled on his heart. Simultaneously he was offered a job as head priest at the Hindu temple and this firmed their decision. Uma and Pandit settled in Calgary just in time for the birth of their daughter Sakshi. He settled into teaching at the YSC teacher training program where he demystified the yoga teachings and yoga's gift of balance and opportunity to western consciousness. Many found themselves better equipped to be teachers after his sessions. Uma Dabral graduated from the YSC and their home is always open to Satsang, meditation groups and visiting yogis from all parts of the world. They are training their two children to carry on their tradition of service in creating a rich and vibrant community. It all started with a master whispering in his ear so many years ago and the Canadian Rockies echoing that sentiment he heard in the Himalayan mountains.

footnote: Himalayan yoga is a practice of meditation designed to develop insight and clarity. It is non denominational and non political. It is a holistic and scientific approach that helps practitioners achieve their highest potential.

TEACHER TRAINING PROGRAM
with Val Petrich Sept. 2021 - June, 2022

Know someone that would like to join my next TTP? Have them call me or see it here
yogastudiocollege.com

I am limiting it to 10 people and we will make wonderful memories together learning, laughing and growing here in Steveston Village, B.C.!





GRAD NEWS... a sharing from



Lillas Marie Hatala, YSC Graduate 2005

“I choose life moment to moment”

"The past two years, I have experienced a number of personal crises: a life-threatening cancer diagnosis, surgery and chemotherapy two years ago; a reoccurrence and further chemotherapy one year ago; the death of my father one year ago; and the devastating, heart breaking, and unexpected death of my Beloved soulmate and husband, Rick, on December 26. It has been, and still is at times, more than I can hold and contain. I often feel overwhelmed, fragile, and exhausted. So much loss and grief to process. The ALLOWING of my suffering as it emerges, to be with it, to name it, to give voice to it, to release it with my tear, to be held by my loved ones, and to let go, and surrender to Divine Love is healing. Then, much to my delight, a bubbling up of peace, wholeness, love, and a quiet joy fills my broken open heart. This is my True Nature and Identity. From this place of Wholeness, comes a radical ACCEPTANCE of the challenging circumstances of my life, bringing them to my heart and to my most resourceful Self. My long time meditation and yoga practice is my greatest resource and integral to who I am. Gratefully I share the love of yoga with my daughter, Marie, a yoga teacher and my six year old granddaughter Lola - we have been practicing together since she was two.

Life is precious, a mystery, and fragile. Each precious sacred moment is a CHOICE point. Will I be a victim of my circumstances and react based on fear? Or will I respond, based on love, as my True Higher Self? This guides me in making loving, life giving choices for myself and others. I choose life moment to moment. What will I do with this one precious moment?"



Val and Lillas at YSC graduation 2005



Lillas and Rick teaching ‘Yoga and Leadership’ program at Sivananda Ashram, Bahamas. Their book ‘Integrative Leadership’ presents visionary models for today’s leaders.

Lillas Hatala has led leadership programs in the corporate, government and not for profit sectors. She is the co-creator of the Women in Leadership for Life initiative and “Empowering Women Leaders Certificate Program”. She has a Masters Degree in Continuing Education from the University of Saskatchewan and holds numerous coaching certifications. She has held roles in Business and Leadership Programs at the University of Saskatchewan and Mount Royal College. She was a founding

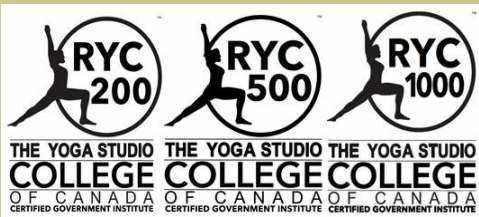
board director of Leadership Saskatoon and the recipient of the YWCA Woman of Distinction Award.

Since becoming a yoga teacher and furthering her studies at the Chopra Institute and Shambala Institute, Lillas resolved to bring a yoga and meditation framework to every board room she entered and every project she tackled. Her radiant and loving personality continues to attract a wide circle of support while she devotes full time to her recovery. We love you Lillas!

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



The Yoga Studio College of Canada

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