



Teachers & Alumni Newsletter

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

October 2021 Newsletter

A Message From Val

Living With Loss

We are all affected by loss right now. We are using courage to change what we can and wisdom to accept what we cannot change. It is a very delicate dance and one that is constantly in motion.

In yoga, everything worthwhile is a practice. I know it's really difficult to live the word gratitude that is being tossed around so much right now...but what better choice? We cannot leave gratitude to a chance encounter. It is a daily practice like brushing your teeth or stopping for a moment to admire the leaves. We need to constantly serve it up like a warm meal.

I have a dear friend with a heart ailment who lost her husband of 60 years. She wakes up every morning and does gratitude exercises which maintain her heart health and give her an aura of Grace – you like to be around her. She is a teacher.

Stay strong and be patient. Reach out on line to find new yoga experiences. Be discerning on where and with whom you share your precious energy. Trust your choices and your good character. Read autobiographies of those that inspire. Regroup. Again and again. Be bold. Celebrate the life you have. Oh, and practice, practice, practice. It's all in the age old teachings of yoga.

Valery Petrich

Director
Yoga Studio College of Canada
(est. 1996)

GRAD NEWS...a sharing from Monica Garner, YSC Graduate 2016



Monica Garner graduated in 2016 from the YSC and moved to Australia where she wasted no time starting her own yoga business *True Yoga*. <https://www.trueyoga.com.au/>

She has built a network of private clients whom she meets at their home, office or at the beach! She trains teachers at the local vocational college where over 100 students from various countries passionately participate in her studies of asana, meditation, anatomy and philosophy. She teaches yoga to Women in a Wellness Centre – including concepts on radical body acceptance, self love and an implicit rejection of diet culture.

Highly organized and with a background in Human Resources from downtown Calgary, Monica's success is due to her professionalism and her insistence that yoga be presented in its totality.

3 strong women with big hearts!

These early YSC graduates have more years of yoga training than you can shake a stick at. They excel in their expertise of yoga skills for health and are long time community builders and mentors. From their new space in Varsity, they meet the demand for no nonsense classes that are welcoming, compassionate, and judgement-free. Check them out at www.calgaryyogacollective.com.



Larissa D'Asilva



Chrissy Lakusta



Pam Chamberlain

TEACHER TRAINING PROGRAM

Congrats to **Jessica Swick** and **Margaret Vrielink** who circled back to recertify. We had a lot of fun on zoom refreshing ourselves on the 60 pose syllabus and YSC curriculum.



Jessica Swick is setting up classes to facilitate others through their yoga journey. She lives off the grid outside of Edmonton where she enjoys homeschooling her children and tending her small family farm.



Margaret Vrielink is a physiotherapist who also has trained as an intuitive. She has practiced since 1997 and is drawn to the Iyengar style of yoga which inspires her teaching today.

Val's video training library available **free** for all alumni. Please contact 1yogalady@gmail.com.

KRIPA FOUNDATION NEWS



Leigh Milne
www.sadhanayoga.ca

KRIPA FOUNDATION IYENGAR YOGA with Father Joe Pereira and Leigh is in full swing! Get ready for the second intake in January 2022 by contacting Leigh Milne.



David McAmmond

Many are mourning the loss of pioneer David McAmmond. As part of the first wave of yoga in Alberta, he was the south coordinator for the Yoga Association of Alberta (YAA). In 1982 he took me under his wing and generously shared his practices at our early non-profit yoga centre (before there was a plethora of studios). He introduced me to Hanumanasana, headstand, Vipassana and the wisdom of Ram Dass. We had a lot of laughs participating in the first yoga television series and we hung out together exploring the book *Light on Yoga* to see how many poses we could do. We called him Rubber Davey. In the 1980's during the height of the aerobics craze, we were considered slightly odd.

His then wife Diana Mansell, a nurse and a historian, took yoga to the prisons. Together they hosted Bo Lozoff of The Prison Ashram Project and after yoga, we would dance around to Bo's guitar music. Those were happy days.

David filled a lot of shoes but always struck a path that was uniquely his own. Yoga mats were scarce so he sourced out manufacturing in Asia, first at a plant that did rubber table cloths and after a lot of persistence - a quality yoga mat. He launched a very successful company distributing mats and props all over western Canada, eliminating the need to rely on American giant, Hugger Mugger. As a skilled craftsman, he made beautiful wooden blocks, backbenders and setu banda benches. He travelled to India to study with Dr. Karandikar and brought him to Calgary twice, pioneering yoga therapy. His life work culminated in the publishing of his book *'Yoga Therapy for Backs'*.

David recognized the emerging hunger for yoga in Latin countries and set about filling it. He inspired a HUGE following with his gentle and encouraging manner. David completed a full circle when he returned to the YAA in the role of President these last few years. It was a role of service from an empath who sought harmony in all situations. His 50 year record as mentor and teacher leaves a lasting legacy. I believe he derived great fulfilment from the quality teachers he trained. Rest in peace.

"Each of us finds his unique vehicle for sharing with others his bit of wisdom." Ram Dass

BOOK SIGNING

Mark your calendar! Book Signing with Val Petrich at The Yoga Studio Crowfoot.
Saturday Dec. 4 , 2:30 – 4:30 pm.

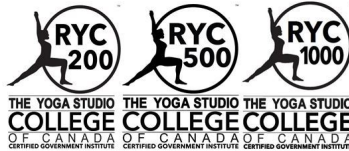
Pick up my book OM CANADA for \$39.95. The Christmas gift that inspires!
Available also at [amazon.ca](https://www.amazon.ca)



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



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