



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.

September 2022 Newsletter

A Message From Val



Meet the customer's needs. It really is as simple as that.

When we teach, it is a sacred student and teacher relationship just as they model in India.

However, it is more than that. It is a customer searching to have a need filled. And if it is not filled, they will wander elsewhere.

A student comes to class with two things. A history and an expectation.

Eliminate the guess work by having a brief consultation ahead of time. 'What are you hoping to get out of yoga?'. 'Are there any health concerns I should know about?'. Or a brief confidential questionnaire can be sent out ahead of time. I have found the richest connections occur when you make yourself available just after class to listen. The more you know about your customer's needs, the better you can help them.

Iyengar encouraged me to use my powers of observation. What do you see? The body doesn't lie. Do they sigh heavily? Do they look drawn and tired? Does their head tilt up in Savasana because their mind is overactive? The power of observation gives clues that help us understand our student better.

There are many other ingredients that help you be a better yoga professional. An in-depth knowledge of the primary 60 poses from Yoga Studio College is recommended. (I am happy to share them if you email me). So are some basic principles when choosing a sequence for your customers' health needs. Here are just a few:

- Create space and opening in the troubled area
- Go further in the pose than your first inclination but stop at resistance (very Iyengar)
- Encourage long holds
- Include the poses you don't like
- Never skip savasana, the nervous system smiles here
- Make pranayama essential

If you're curious about how to be a better yoga professional and meet your customers needs, please join me for **Professional Development Webinar** September 15th hosted by **YAA**. It is free to members and you can sign up here. www.yoga.ca See you then!

Valery Petrich

Teacher News



Lonnie DeSorcy

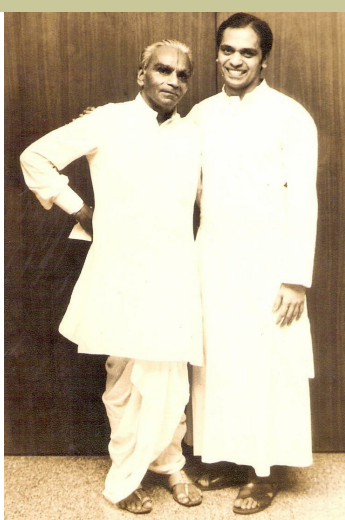
Lonnie was one of the first graduates from the Yoga Studio teacher training program in 1998. Coming from a career in social work followed by IT management consulting, she found that, among its other benefits, yoga provided tremendous support through complicated grief following the loss of loved ones. Initially planning to pay for her own yoga by sharing it with family members, neighbours, and the public, Lonnie spent the next decades acquiring knowledge and skills both in yoga and complementary areas, including certification as a Spiritual Director through the FCJ Centre. Lonnie integrated life challenges into a heart based yoga therapy counselling practice that make her a sought after yoga professional. Her gentle, intuitive nature assures people they are with the right person when embarking on a healing program. She is an inspiration to many who seek the balance of health, work and home. Lonnie is just one of those people you want to be around, basking in her glow.

Check out her bio and offerings at www.yoginsight.com

"Since I was very young I have noticed how people suffer. I've been driven to find out why that is so. And I've been called to help people move through their lives with more ease." Lonnie

Fr. Joe Pereira

Silence of the Spirit Workshop



Sunday Oct. 2, 2022 12:30 - 4:30 pm
Parkdale Community Hall
3512 5 Ave NW
Calgary, Alberta
\$99 + gst

Don't miss this world celebrated teacher! He returns on his 80th birthday to deliver a well rounded Iyengar restorative practice for all levels. Includes pranayama and meditation.

[>Click here to register.<](#)

Want to assist in the workshop?
Please email me at 1yogalady@gmail.com

How to Be in the World in These Times

Monday Oct. 3, 2022 7:00 - 8:30 pm
Bowness Seniors Centre
6422 35 Avenue NW
Calgary, Alberta

Come hear Fr. Joe Pereira speak about how the qualities of love and compassion lift us up and triumph over negativity. He draws from a lifetime of experience teaching yoga and meditation as well as his relationship with Mother Teresa to be 'the priest with a difference'. Fr. Joe's legendary

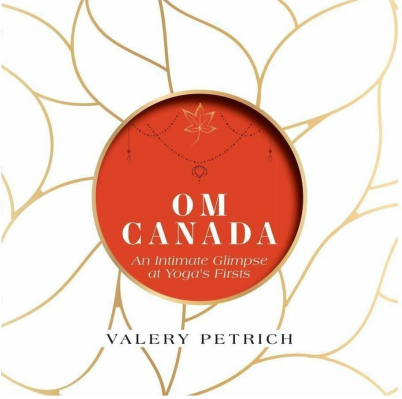
reputation as a peacemaker and catalyst for positive change leaves people deeply inspired.

Fr. Joe is an Indian Catholic priest and senior yoga teacher. A prolific speaker and educator, he conducts workshops globally.

\$20.00

Pay at the door or preregister at www.theyogastudiocalgary.com

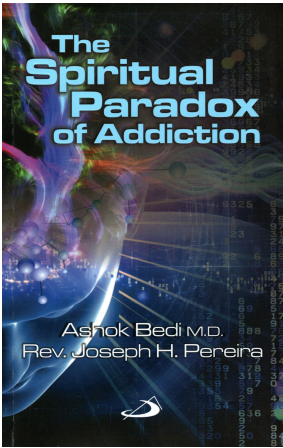
Book Signing!



Om Canada

Saturday Oct. 1, 2022 4:30 – 5:30 pm
Yoga Studio Calgary North
200 - 1829 Ranchlands Blvd. NW
Calgary, Alberta

Now is your chance! Join Fr. Joe and Val and have your book signed! Great gift for your yoga friend!



The Spiritual Paradox of Addiction



The Yoga Studio College of Canada

info@yogastudiocollege.com | www.yogastudiocollege.com

340B-12211 1ST Ave Richmond, BC V7E 3M3 | Engagement Marketing by [Conscious Commerce](#)