

Presenters and Class Descriptions

SHARONA BEAUPRÉ came to yoga, or rather yoga came to her, through triathlon injuries. This ancient practice transformed her life on multiple levels. From her home studio, Anahata Yoga, in Maple Ridge she teaches classes, workshops & Yoga Teacher Training. Sharona has taught Outreach programs at Maple Ridge Treatment Centre & Alouette Women's Prison. She gives gratitude to all the teachers & students she's worked with locally & internationally. She is also a Thai Massage Therapist & Reiki practitioner. **Awaken into Asana:** As yoga's popularity in the West has soared so have injuries. Both short & long term problems are caused by not allowing the body to prepare organically for poses before moving into advanced asanas. This session will explore conditioning movements to open the body as you can move deeper into your practice without risk of injury. Give gratitude as you witness the difference in your organism as it awakens & surrenders into its own wisdom. Sharona's e-mail is yogibabe7@yahoo.ca.

HELGA BEER has been teaching Yoga for over 20 years. Yoga & constellation work offer the integration of two powerful healing systems - the energies of the seven chakras with yoga poses & a body centered approach of constellating the chakras (we will use bodies in "space" to represent or constellate a student's chakra system). We can gain clarity around how our thinking, feelings & our issues influence the balance of a chakra. Some of us need more grounding, some more a connection to the greater picture or world beyond, some of us need to love more deeply & judge less. Helga lives, teaches & practices Yoga, Constructive Living & Chakra/family constellation in Victoria - hbeer@highspeedplus.com.

LILIAN BIANCHI is a lifelong practitioner of Yoga & has been a teacher since 1982. She lives in Duncan, Vancouver Island. Her teachings are rooted in the classical eight-limbed system of Patanjali. She understands yoga as an energy-based healing art for the integrations of Body, Mind & Spirit. Lilian is a YABC senior teacher. Join Lilian in this gentle Yoga program designed for seniors or those with limited mobility. All practices are done sitting on a chair. Come to experience it for yourself or to learn how to teach it to others in need. Lilian has over 20 years of experience working with seniors & has recently released an instructional Yoga on chairs DVD. www.namasteyoga.ca.

TARA CROFTON has practiced yoga & meditation for over 35 years. She has studied with Sandra Sammartino since 1990 & has been teaching yoga in the White Rock area for the past 13 years. For this Yoga Outreach Retreat Tara is happy to offer a class titled **Gratitude is its Own Reward**. This yoga class will focus on stimulating the resonance of appreciation to increase our connection to the source of well being. You can contact Tara at (604) 538 3378.

SHINE EDGAR was born & raised in Australia & has over 15 years experience in all aspects of Didjeridu playing & sound healing. He was initiated into didjeridu sound healing by a Nyungar Aboriginal Elder & is a founding member of Didjeridu & percussion ensemble "Down to Earth". He has been offering didjeridu sound sessions & teaching workshops at Hollyhock for 6 years, & has played & performed across Canada, USA, Australia & Japan, with many accomplished artists including Jai Uttal, Geoffrey Gordon, Rhiannon & Mickey Heart, for concerts, dance classes,

bodywork, childbirth & yoga. We are so pleased Shine is able join us again—please contact him directly for more information or to reserve a private or shared healing session at this year's retreat. shine_edgar@hotmail.com (note underscore between shine & edgar) .

JAMES FAIRBANKS M.A., M.Sc., M.Ed. (Counselling Psychology) has intensively practiced most varieties of Hatha Yoga over the last 30 years. He teaches a variety of forms of yoga to connect with students, generally in the Advaita (non-dual) tradition. Yoga is the bread & butter of his practice while meditation is the nectar. James has practiced Insight Meditation at Buddhist monasteries throughout Asia & North America & has facilitated 5 meditation & yoga retreats every year for the last 10 years. He has an active Counselling practice in Vancouver & works intensively with men addicted to drugs & alcohol at a residential treatment facility. James will teach 2 classes this year based on his personal practice: **Energy-Based Yoga I & II** & a meditation practice. While the postures will not be strenuous the exercises will be challenging & provocative. Participants should have some practical experience of pranayama. The Meditation will involve simple yet powerful exercises to connect with a feeling of spaciousness & appreciation in the midst of our daily life. Contact James at jamesfairbanks@shaw.ca or at 604-720-7201.

EOIN FINN is a well-loved yoga teacher, Blissologist), surfer & writer. He first studied Yoga, Eastern & Western philosophy, martial arts & meditation in 1987, developing an affinity for Vinyasa style yoga. Fusing a passion for athletics & yoga, Eoin has worked with athletes ranging from NHL players to Olympic skiers in the US & Canada, creating customized, performance enhancing yoga programs. He has also conducted numerous YES (Yoga, Ecology & Surf) Retreats around the world, sharing his deep respect & love for nature & yoga. Eoin's teaching offers a heart-opening, invigorating & experiential practice grounded with humour & a focus on alignment & anatomy. He thanks the teachers who have inspired him including Nadia Toraman, Gioia Irwin & Orit Sen-Gupta; Structural Integration Therapists Mark Finch & Tom Myers; & Body Mind Psychotherapist Susan Aposhyan. **Superflow** is an exhilarating, ecstatic form of movement that draws inspiration from Yoga, Tai Chi, Martial Arts, Dance, & Athletics. We start slowly, to feel centered & open, gradually building in intensity to a unique yoga-based practice that puts us back in touch with the joy of movement. Superflow is not a replacement of Yoga as we know it, but a heart-opening complement to a regular yoga practice. Offering a little more exuberance & a little less introverted energy, it complements traditional yoga movements with dynamic, rhythmic flow. Sweat, release & feel the life force pulsing through you. Celebrate being Alive. www.eoinfinnyoga.com.

PEGGE GABBOTT first experienced hatha yoga in 1973, & went on to study with BKS Iyengar & Indra Devi. She worked with people with AIDS & HIV for many years & taught yoga in North Van, West Van & Vancouver, also teaching vegetarian cooking classes. Now age 88 (!), she keeps herself fit with swimming, a vegetarian diet & teaching 4 yoga classes a week in Qualicum Beach, Parksville & Nanoose Bay. Hatha yoga is the key to life for Pegge. Her present classes are for seniors & those who find yoga challenging. Many of her students find it inspiring to have a teacher of the same vintage as them! In yoga, Pegge says, many "come for lunch & stay for life!"

LAUREN HANNA has a deep connection to the healing benefits of her Yoga practice. Many surgeries & complications resulting from being hit by a car lead Lauren to seek out a practice to help her find her way through pain & back to herself. Yin Yoga is the relaxed practice of floor postures for three to five minutes at a time. It is the ideal complement to more muscular or 'Yang' forms of Yoga, emphasizing connective tissues of the hips, thighs, pelvis & lower spine. It prepares the body & the mind for longer meditation practices. By drawing the student's awareness away from the muscles & deeper into the bones, a deep level of relaxed focus is achieved. Lauren leads yoga teacher trainings at Live Yoga, White Rock (<http://liveyoga.ca>) & the Vancouver School of Bodywork & Massage.

MARY LEE HUTSON's background as a yoga teacher has allowed her to be creative & intuitive at awakening the body. This **Yamuna Body Rolling** session (including foot savers & wakers) will be taught on inspiration based on her studies with Yamuna Zake & Sandra Sammartino. The main theme will be to bring our story through our body, incorporating our soul, to spiritually fill ourselves with our power, joyful resourcefulness & enthusiasm, enabling us to purify our mind, & unblock our heart so the healing energies of wisdom & compassion can play upon & transform the situation we find ourselves in. You can contact Mary Lee at 604-980-7883.

TINA JAMES has studied Yoga since 1986 with many teachers including Shri K. Pattabhi Jois, Manju Jois, Sharon Gannon & David Life, John Scott & David Swenson. Tina brings a rich tapestry of teachings from spiritual study, nature & our blue planet. Known as a 'teachers' teacher', Tina teaches worldwide & is honored to be a mentor for Jivamukti teacher training. Tina's classes interweave spirituality, music, a sense of humour & a deep knowledge of Hatha yoga. She is an ecoist, & focuses especially on the Yamas, the ethical backbone of Yoga, believing that these specifically address contemporary issues such as GM foods, deforestation & speciesism. "Yogis are radical people, we do not brush the surface, but dig deeper to the source in order to be the change we wish to see." **Gratitude** is one of the first principles of spiritual wellbeing, & in opening our hearts wide with thanks we create space in our consciousness for grace to flow in. When we express gratitude, a sense of peace & fulfillment floods our being, creating a strong sense of connection to others. When the heart is overflowing with gratitude the soul feels nourished & truly conscious of God's presence. Gratitude unlocks the fullness of life, turning what we have into enough & more.

ROMA KATZ: Dru Yoga is a gentle system that transforms physical, emotional & mental health by balancing the energies of body, heart & mind. Unique to Dru Yoga are its Energy Block Releases, flowing sequences of movement, breath & mudra specifically designed to free trapped energy, allowing the body to open to its natural state of well-being & vitality. Dru Yoga's teaching of asana grows out of an understanding of the chakra system. Asana is taught as a flow of movement which directs energy from the lower chakras up through the healing power of the heart. Dru Yoga can benefit everyone regardless of age, strength or flexibility & has been used successfully in detraumatization work in

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war zones around the world. She is honoured & grateful to be able to share this practice with her yoga community. Contact Roma at: 604-264-7544 or roma_katz@hotmail.com.

MICHELE LABELLE has worked with children & breath for 16 years in at Children's Hospital & combines this experience with teaching yoga. She has studied with Sandra Sanmartino & Peri Ness, & creates a safe & fun space for you to explore & express the beauty of your spirit. She is a corporate well-being coach, & has volunteered for Yoga Outreach at Burnaby Youth Secure for over three years. **Mudras: Yoga in Your Hands**—A mudra is a mystic position of the hands, a seal or a symbol. It engages certain areas of the brain & connects to the soul, exercising cohesiveness between them. In Hatha yoga there are 25 main mudras, with Shiva, Lotus & Apan Mudra, to name a few. Come & explore some of India's most precious secret mudras, as taught by Keshav Dev, a master in India. Deepen your yoga practice by learning some powerful mudras that will create deeper connections to your divine self & healing qualities. Michele leads yoga retreats to India & around the world. For more information, please visit www.azuryoga.net.

SWAMI LALITANANDA is a teacher, author & columnist for the award-winning magazine, [ascent](http://www.asanas.com). Her latest book, *the Inner Life of Asanas*, illustrates how yoga & spirituality can bridge the outer world & inner life. She is the director of [radha yoga & eatery](http://www.radha-yoga.com) in Vancouver, a space that embraces art, culture, yoga & community. She lived & studied with Swami Sivananda Radha for over 20 years. Swami Lalitananda took sanyas in 1996 & is dedicated to making yoga accessible & significant in everyday life. **The Inner Life of Asanas:** Focus on the symbolic meaning of the asanas & experience the healing nature of yoga. Learn to access the psychological & spiritual dimensions of the poses. Please bring a journal to write down your insights as you slow down, listen attentively & open to the stories your body tells about your obstacles & potential.

DEEDEE LEEVERS has been teaching yoga since the '70s. She has been certified by various teachers including Sandra Sammartino. She teaches body rolling, yoga, meditation & Tibetan Heart Yoga. **Tibetan Heart Yoga** belongs to the Gelukpa tradition of the Dali Lamas of Tibet. It combines a strong visualization Tibetan Buddhist meditation, TongLen, with yoga postures. This supports powerful healing possibilities for the heart chakra. This year Deedee will also lead a practice in Loving-Kindness. Deedee teaches Tibetan Heart Yoga at Wellness Works. You can reach Deedee at www.deedeeyoga.com 604-685-9215 ddleivers@hotmail.com.

LIDIJA MARTINOVIC is a KRI internationally certified yoga & meditation teacher. She teaches Kundalini, classical Hatha, Vijnana, Yin & Yang Yoga, Restorative & Yoga Nidra. As a yoga therapist & founder of The Yoga Wheel, Lidija invites us to open to the space of absorption (Sat Naam) that creates the vehicle which, with equanimity & compassion, leads to the world of peace, healing & service. Practicing vipassana meditation for the past 6 years, Lidija holds mindfulness as an essential part of her teaching. Release, renew & relax. **Kundalini Yoga** is the science of awakening inner power (Shakti) by strengthening the nervous & balancing the glandular system. It heightens self-awareness & brings vitality that allows one to harness mental & emotional energy. Enhance peace of mind, concentration & self-confidence.

ELISABETH MICHIELSEN, founder of Body Heart & Soul Yoga, has 28 years of experience & training with yoga, has been teaching for 20 years & lives in Courtenay, Vancouver Island. In addition to weekly classes she offers workshops, a Teacher Training program, & retreats on Hornby Island. She is a registered YABC senior teacher with over 500 hours of training, & certified with the Yoga Association of Alberta since 1992. In 1988 she received certification through the Sivananda Vedanta Yoga Ashram in India, & in 1990 through Yasodhara Ashram in British Columbia. For the last 16 years she has studied with Sandra Sammartino, receiving certification with her in 1995, & certification as a Teacher Trainer in 2004. From Nov 07-Feb 08 she was in India, Vietnam & Cambodia on sabbatical. In addition to many years of training she brings to her teaching a depth of experience on the healing path. In her yoga session **Count Your Blessings** she will weave in the theme of grace & blessings & how we can use our yoga practice as an expression of gratitude & appreciation. For more information visit www.bodyheartsoul.com or contact Elisabeth at 250-338-4263.

WADE IMRE MORRISSETTE was born minutes before his twin sister Alanis. From being a small child, Wade was in search of a practice that would help him connect to his spirit. It wasn't until Wade's college roommate handed him a copy of *The Mystic Path To Cosmic Powers* that he decided to dedicate the next decade of his life to learning & teaching yoga. In India he began to travel the path of Devotional Yoga & began chanting, a process that stills the mind, dissolves worries, & opens the heart. "It's a natural way to tune into the frequency of love," says Wade. He combined his two passions--yoga & music--to create his own original blend of indie music with Sanskrit & English chants. His albums include *Sargam: Scales of Music, Strong as Diamonds, & Leela: Pray through the Dance*. Wade has been practicing & teaching yoga for 13 years, & has completed Iyengar, Classical Ashtanga & Ashtanga-Vinyasa yoga teacher trainings. He has studied zazen, Vedic Chanting, & active movement & sound meditations with some of the best-known teachers in Canada, North America, & India. He is a Reiki master, certified Phoenix Rising yoga therapist, & Viniyoga Therapist. He leads teacher trainings, workshops, retreats, & music-dance evenings internationally. He is currently working on his first book, *Living Your Joy*, & planning a series of motivational seminars. For more info please visit www.wadeimremorrisette.com.

EVELYN NEAMAN is director of Tikkun Yoga Centre Vancouver. One of her favourite yoga practices is Restorative Yoga, a unique approach to yoga postures which leads to profound relaxation by activating the parasympathetic nervous system (the body's natural healing system) and is beneficial for reducing stress while cultivating inner peace. The first part of this session participants will learn about the philosophical context of restorative yoga and provide opportunities for practice. The last half hour is an opportunity to do Yoga Nidra, also known as psychic sleep, a meditative practice to enhance the relaxation experience. To benefit fully you need to bring 2 blankets, 2 bolsters, or 4 foam blocks. Contact Evelyn at tikkunyoga@shaw.ca.

MAGGIE REAGH, MA in Teaching, is a Certified Yoga Therapist at *Ayurveda* where she also conducts classes & workshops. She runs the Yoga program at Capilano College where she is a faculty member. Trained in the Yoga of Krishnamacharya with the Desikachar family in Chennai, India & the Kraftsows on Maui, she continues her studies with DV & Radha Sridhar in Chennai. **Introduction to the Yoga of**

Krishnamacharya-Gratitude from the Heart: Sri T. Krishnamacharya is considered the father of modern Yoga in the West, having taught BKS Iyengar, Pattabhi Jois, & his son, TKV Desikachar. In the latter part of his life, he focused on adapting Yoga postures to suit individual needs, often called Viniyoga. This work is traditionally done one-on-one to maximize therapeutic benefits. In group situations, Maggie focuses on the most common therapeutic concerns for students both physically & psychologically. Primarily a Raja Yoga tradition based on Patanjali's Yoga Sutras, she emphasizes the psychological aspect of Yoga through the Yoga Sutras, Sanskrit mantras, English affirmations, & positive visualizations, focusing on Gratitude from the Heart in this workshop. For more information, please visit www.yogatherapyvancouver.com.

PATRICIA RYDER offers classes & workshops in her studio YogaPlus, Surrey (www.yogaplus.ca or 604-589-5080). Her yoga is infused with an acknowledgement of the presence of Spirit & awareness that we are all on our own healing journeys; & through our yoga practice we open to the grace of receiving healing we need at all levels: physically, emotionally, mentally, psychically & spiritually. As we awaken to our true selves, we are strengthened & encouraged to help to heal others. She teaches by inspiration, following Patanjali's Astanga Yoga & the Yoga Sutras, including Restorative & Satyananda Tantra yoga practices. **Yoga Nidra**, (or 'Yogic Sleep'), represents a state of consciousness, & the technique leads you there. Body/mind reaches a meditative state of deep relaxation, awareness comes to the fore, & you become consciousness resting in itself. Through use of this technique, you learn to achieve a conscious state of rest deeper than sleep, becoming the conscious dreamer. In Yoga Nidra all parts of your being are touched, named, & visualized through Nyasa, creating well-being & clarity. This form comes from the Satyananda Tantra tradition. Please bring 2 blankets & a bolster (or equivalents).

SANDRA SAMMARTINO has been teaching yoga for over 35 years, training yoga teachers for over 20 years & training Yoga Trainers (yoga teachers, who teach others to be yoga teachers) for 4 years. A founding member of Yoga Outreach, Sandra supports yoga in all its aspects. Her teaching is highly experiential, invoking all the koshas (subtle energy bodies).

ESPERANÇA DE SPOT has been teaching CALYOGA (inspired by Callanetics) for 20 years in Africa & White Rock, where she is the owner of The Line Studio. Using tiny, gentle, precise movements this work consists of a series of stretching & contracting exercises that activate large muscle groups of the body. The movement is done in 'triple slow motion', reaching deep into the core muscles to give a strong, firm body without adding bulk. The core is strengthened while the lower back is protected, connecting lower & upper body. CALYOGA mixes yoga, Tai Chi & dance. In '98, Esperanca joined Kairos to study with Sandra Sammartino and be inspired by her work of courage, creativity and love, certifying as a Yoga teacher and a Yoga Teacher Trainer. Her work has also been influenced by other yoga and meditation teachers, such as Ibrahim Durrani (yoga and sufi meditation), Ven. Anila Ann Mac Neil (Buddhist meditation) and The Camino de Santiago (the Way to Myself).