

ANNE DOUGLAS

Anne Douglas has been practicing Yoga and Meditation for approximately 27 years, and teaching for 19 years. Anne is certified to teach both **Kripalu** and **Astanga Yoga** and has studied many other methodologies including Advaityana, Iyengar and Bikrams Yoga. She currently studies with Master Teacher; *Richard Miller*, PhD., who teaches from the Non Dual perspective. *Sandra Sammartino*, *Donna Farhi* and *Sandra Scherer* have also deeply influenced Anne's teaching style.

Anne has combined all her studies, skills and experience to create **Anahata Yoga**, the yoga of kindness, in which breathing, movement, meditation and self-inquiry help you to remember your true nature as loving kindness, abiding calm and as a welcoming heart. She also offers **Anahata Yoga Teacher Certification**.

Anne is also a certified as a *Phoenix Rising Yoga Therapist*, *Holistic Lifestyle Coach*, and *Reiki Master*. She has been drawing upon these skills to facilitate personal growth workshops for the past 18 years. Some of the themes include *Chakra Yoga*, *Eco Yoga*, *Come Alive with Yoga*, *Yoga and Meditation for Stress Management*, *Creating Balance with Holistic Lifestyle Coaching*, *The Psychology of Pranayama*, *The Feminine Face of Power* and *Coming Home to the Heart*. Customized programs can be created for specific groups, themes and occasions. Private sessions are available.

Anne brings passion, sensitivity and clarity to her work, and as a wife and mother. Her compassionate heart, gentle humor and grounded intellect create fertile ground for self-study and well being.

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