**FALL SEMESTER 2016**

**DESCRIPTIONS OF UAF YOGA CLASSES & INSTRUCTORS**

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<th>Day</th>
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<td>Mon*</td>
<td>12.00 PM – 1.00 PM</td>
<td>UAF Great Hall/ Beginning Yoga</td>
<td>Mon*Wed 1:30 PM – 3:00 PM/ Artisans Courtyard/ Yogalates (Mix of Pilates &amp; Yoga)</td>
<td><strong>Instructor: Daralyn Canterbury</strong></td>
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This beginning yoga class is geared for the more active yoga enthusiasts. It includes some yoga philosophy, core emphasis, breathing, posture specifics and Vinyasa flow (constant movement with breath). The semester begins slowly with a concentration on core and hip strengtheners and begins to move more quickly throughout the semester with sun salutations (again, that movement with flow), and posture specific series often seen in a typical hatha or Ashtanga yoga class. The philosophical aspects of yoga are explored through explanation and practice of mindful breathing and a deeper exploration of the interconnected self.

**Tues * Thurs 12.40 PM – 2:10 PM / SRC STUDIO/ SPORT Yoga**

**Instructor: Grace Peterson**

Everyone has their own perception of what yoga is. That’s the beauty of yoga. Yoga is yoga is yoga is yoga is yoga. I want the world to know, feel and resonate with (in their own special way) peace, love, compassion. It just so happens, I connect with these qualities through my body, breath and soul in yoga. My practice, and by extension, my classes revolve around classical yoga philosophy and simple vinyasa. Balancing the traditional with the modern is a yoga practice I’ve been exploring, on and off the mat. A little sweat, pranayama, mindfulness and yogic philosophy is what you can expect from our time together. I fell in love with yoga in 2008: in 2012 I completed 200hr Yoga Teacher training in Chiangmai Mai, Thailand through Wise Living Yoga Academy. WLYA is associated with The Yoga Institute of Santacruz, Mumbai, India and is accredited by the International Board of Yoga.

**Mon * Wed * Fri – 7.00 AM – 8. AM / 604B CTC / Beginning Yoga**

**Instructor: Dee Gard**

Vinyasa Flow Yoga found Dee Gard in 2007 and they've been BFFs ever since. The basis of their relationship is based on what Dee calls the ABCs of yoga - Alignment, Breath, and Core. She further committed to Yoga with the completion of her 200 hour yoga training at the Wilmington Yoga Center in North Carolina in 2014, and is registered with Yoga Alliance. Her favorite yoga pose is Tadasana and she takes it everywhere she goes. Dee attributes her posture, body awareness, strength, and tranquility to this sacred practice. She has an encouraging, fun, light, and energetic way of guiding students to celebrate their bodies through asana. Off the mat, you can find her volunteering with Running Club North, running on the trails with her pups and her hubby, zipping down hills at top speeds on her road bike, and classic skiing on the trails during the snowy months. A few of her favorite things are pink (the color), buttered popcorn, cocktails and cocktail rings.

**Tues * Thurs 3.30 PM – 5.30 PM / Dance Theatre Fairbanks / Intermediate Hot Yoga**

**Instructor: Jamie Klaes**

Jamie teaches a vigorous Power Vinyasa Flow in a warm room. Trained in both Multi Style and Baptiste Yoga Jamie starts each class with a series of Sun Salutations to increase the heart rate and awaken the
body. Focusing on a Pilates posturing and Vinyasa Flow, linking breath to movement. Many challenges are offered in this class, whether a novice or a well-practiced yogi, each student will enjoy the diversity of the practice. Jamie is focused on empowering each and every yoga student to be their own teacher. Every class is an opportunity to begin again and to step outside your physical and emotional boundaries. A sense of play and discipline are both present during class, Jamie encourages the student to discover the power of now through connecting with their body.

**Tues*Thurs 12.00 PM – 1.30 PM / UAF CTC 604B/ Beginning Yoga**  
**Instructor: Gretchen Nolan**

Gretchen has been practicing yoga since she was 18, eventually deciding to get her 200 hour certification at Satchidananda in Yogaville, Va. Throughout the years, she has continued her studies and received certifications in Pre/Postnatal Yoga, Kids Yoga, and Yoga for Seniors. Gretchen’s style is truly her own. She uses a mixture of gentle poses/yin yoga accompanied by massage techniques during adjustments to really help lengthen and stretch your muscles. Gretchen holds a deep passion for anatomy and physiology.

**Tues*Thurs 7.30 AM – 9.00 PM / UPARK GYM/ Intermediate Yoga**  
**Mon*Wed 5.30 PM – 7.00 PM / PATTY CENTER / Beginning Yoga**  
**Instructor: Donna Lanni**

As a teenager in the 1970s, Donna Lanni began yoga movement in front of her stereo while listening to Crosby, Stills, Nash and Young. Initiated and named Devaki by the Acharyas of Ananda Marga, Donna began teaching yoga and leading kirtans from her home in the late 1980s. In 1991, she was asked to teach yoga at a women’s martial arts retreat which led to 20 years of martial arts training in both Kung Fu and Shudokhan karate. Years of studying movement, martial arts and yoga brought her to her Maha teacher, Shiva Rea, founder of Prana Vinyasa® yoga with whom the rivers of her trainings blend into an ocean of discovery. She is truly grateful for the teachings of Dr. Charles Scott and yoga and movement mentor, Teri Vierick. Her other influences have been through the works of Emily Conrad, Gabrielle Roth and Beth Rigby, creator of Yoga Meets Dance (TM).

Currently, she holds a 4th Dan in Shudokhan karate as well as a 1st Dan in Kung fu. She has a 100hr certification in Yoga Meets Dance. Donna completed her 200hr certification to teach Prana Vinyasa® Yoga in 2011 and that year, with the help of her business partner, Marsha Munsell, she opened Heart Stream Yoga. For the past 4 years, she has taught in her studio, at the University of Alaska Fairbanks, and throughout the community. In the Summer 2014 she completed certification training Through Lazy Dog Paddle Boards and received certification in water safety (WPA) and sequencing paddle board yoga classes for a wide range of individuals. She is also certified to teach Yoga Trance Dance®, an integrative fusion of yoga merging to free flowing dance. Always the student, Donna is currently enrolled in the 500hr teachers training program offered by Prana Vinyasa, finishing over 250 hours of contact hours this year that included the study of Ayurveda with master instructor Maria Garre.

Donna lives in Fairbanks with her beloved, Ron and blended family of five children. She is a lover of 2 small smiling dogs and a loud obnoxious Amazon parrot. She brings to her classes humor, the spiritual alchemy and integration of seasonal, solar and lunar rhythms, poetry, and music.

**Tues*Thurs 9.30 AM – 11.00 AM / U PARK GYM/ Beginning Yoga**  
**Instructor: Jody Hassel**

Jody is an Experienced Registered Yoga Teacher (E-RYT 200) certified by Yoga Alliance in Iyengar-based hatha yoga. Jody is blessed to have studied vinyasa yoga with Seane Corn, restorative yoga with Judith Lasater, yoga in balance with Jean Couch, Kundalini yoga with Devta Khalsa, and hatha yoga with Lynne Minton and Teri Viereck. She completed the 200-hour teacher certification program at Yandara Yoga Institute in Todos Santos, Mexico where she studied Iyengar-based hatha with Laura Castaneda and Shane Perkins in 2007. Prior to her work at Yandara, she completed Seane Corn’s Vinyasa Teacher Training at Kripalu in 2006 and revisited Seane's course at Santa Barbara
Yoga Center in 2013. Jody loves sharing her practice of yoga with others and has also spent many years as a student of dance, music, writing, theatre, and the healing arts.