



Nicole Beaudry

Nicole is the director of the Yoga Lounge in Canmore, Alberta. At Flowing Yogi studio in Cochrane she instructs Ashtanga Flow and Yin Yoga classes.

Her educational background is in Kinesiology. She also studied and practiced sport and therapeutic massage. While in school she was accepted to be a student of Kung Fu and Chi Kung. It was during this time that she began to delve into the investigation of the energetic body. This study was the beginning of a life dedicated to the exploration of the inner world of physical movement and meditation.

Years later, after her first Ashtanga Yoga class she discovered that this form of practice had a combination of physical postures that could open the body physically, energetically and spiritually. In addition to the physical postures, it also encompassed all the theory and philosophy into one inspiring school of thought. In a short time she decided to dedicate her life to the practice of yoga.

To deepen her practice she travelled to study with senior teachers of Ashtanga Yoga. She is grateful to Richard Freeman, Tim Miller, Marc & Joanne Darby and Rameen Peyrow for their inspiration and wisdom. She also travelled to Mysore, India to practice under the guidance of Sharath Rangaswamy. She continues to study philosophy under Georg Ferstein to deepen and balance the practice.

As an instructor she hopes to encourage, support and enliven the curiosity of practitioners, teaching from a place of deep respect.

"All of us have a dormant spark of divinity in us which has to be fanned into flames by yoga." - B.K.S Iyengar

To register and pay for Nicole's classes please contact Jennifer Houghton – see the Contact page of the website.