



Patrick Copping

Patrick instructs Mysore Practice at Flowing Yogi in Cochrane.

25 years in contact sports led me to yogasana in an effort to rehabilitate my body and mind. Eventually, I settled into Mysore style Ashtanga. As my practice deepened and my life opened I was gifted with the opportunity to teach.

Thanks to all teachers and students past and present. I learn something from every one of you. Special thanks to my Ashtanga Yoga mentors, Jeff and Harmony Lichty, and Fiona Stang. It really is all mulabandha.

And thanks most of all to Trevor Andrew Dickson (1958-2006) for truly living the example, awakening me to Windhorse and entrusting me with the key - rest in Natural Great Peace, brother.

Reverence, Gratitude, & 9 Bows,

- Pat

To register for Pat's classes please contact him directly:

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website: coming soon!