



RIDEAU SPORTS CENTRE
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Meet the Yoga Instructors at RSC!



Stéphane Ippersiel

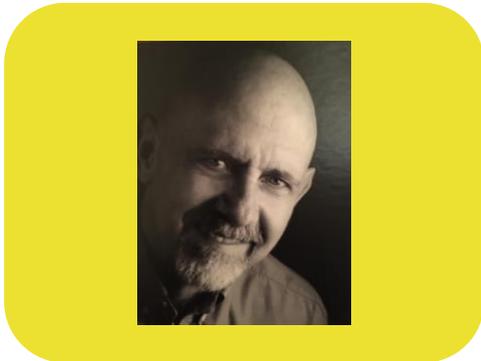
Stéphane began practicing yoga in the spring of 2006, as something to do with friends after the snowboarding season ended. What started out as a social activity evolved into a deep and meaningful part of his life. Today, yoga and self-discovery help in all aspects of his life, whether in relationships, at work or play.

Stéphane's asana practice is balanced between the Yang styles (Power, Hot, Ashtanga) and Yin yoga. He believes that a yoga teacher is really just an avid student who passes on what he or she loves, and he hopes you will enjoy practicing with him.



Yanira Heredia

Yoga came into Yanira's life through curiosity and what she has discovered with dedicated practice, is now what she is passionate about: *Breathe* deeply because it is the only thing that truly keeps you alive. *Move* mindfully with ease and strength in perfect balance. *Feel* intensely as it is the only way to experience life at its fullest. *Expand* beyond your own limitations; and from deep within, let arise your authentic and inspired YOU. Yanira is honoured to share the insights that yoga brought into her journey. Feel free to join the class, discover something new and experience by yourself the benefits of this incredible practice.



Ian Fraser

Ian has been teaching yoga around the world for over twenty years. After practicing for a number of years, Ian did teacher trainings in both Sivananda and Ashtanga Yoga. He has since studied Power Yoga with Beryl Bender and Vinyasa Yoga with Ganga White to name a few. He has also been a student in many different hatha yoga classes over the years. Ian brings this experience and knowledge into his classes creating a fun and rewarding class. His emphasis is on focusing on the breath and using the breath to move the body and quieten the mind and thereby getting the best from your practice.



Shelley Murdock

Movement is sunshine to my soul! Shelley is passionate about getting people of all ages moving and helping them make it a daily healthy habit. Yoga is an integral part of her life and athletic life – it is more than a workout, it provides balance. Shelley always encourages smiling and having fun on the mat in her classes - each time is an opportunity to be curious, playful and to explore. Shelley is certified as a teacher in RYT 200 Yoga, Yin Yoga and Restorative Yoga as well as a Personal Trainer.



Sophie Roberge

Sophie Roberge is a 200 hour Certified Hatha Yoga teacher teaching all levels, including power, prenatal and restorative yoga. Sophie came to yoga through competitive sports and appreciates the compliment yoga offers the body as well as the mind. Sophie has directed her athletic passion towards ongoing studies of yoga in order to explore her deeper practice and yogic philosophies. Sophie has a rich history of athletic coaching and brings a dynamic teaching style to class. Bringing a light sense of humour and the courage to explore postures, Sophie welcomes all levels to class.



Aline Ribas

Aline is a perceptive soul with a strong, energetic body and a deep philosophical approach to life. Yoga has been part of her life for over 10 years and has helped her overcome physical challenges, gain control over her busy mind and experience spirituality in a very grounded way, both on and off the mat. As a RYT 200 Registered Yoga Teacher with Yoga Alliance, she feels inspired to share the gift of Yoga while she continues to be a dedicated student of the practice herself. In her classes, she seeks to help others find balance and reconnect with their own inner source of vitality.



Aisha Zaman

Since her first yoga class over a decade ago Aisha explored many different styles of Yoga and fell in love with the practice over and over again. It provided her a place to be present, be quiet, heal and challenge limiting beliefs. These are the experiences she wants to help facilitate as a teacher. She sees yoga as a way of cultivating peace and this is one the reasons she gravitated towards the wisdom of her teachers, Swami Sivananda and Swami Vishnudevananda. Her classes are an expression of what she has learned from them.



Lori D'Aoust

Lori is a RYT 235+ registered with Yoga Alliance, she has **60+ hours of specialized Children's yoga teacher training.** With a background in psychology and early childhood education she has a passion for introducing children to yoga and fostering movement, body awareness and creativity. Lori offers classes for children, families, prenatal and restorative classes. With her background and her personality, she offers a whimsy and lightness to her classes. There is always room for humor and after **one of Lori's classes you will always** walk away feeling restored and rejuvenated.



Delphine Larrousse

Delphine is a Certified Hatha Yoga Teacher and an experienced practitioner of traditional Yoga. Originally trained in Satyananda Yoga, Delphine took numerous courses and stayed in traditional Ashrams in several countries. She arrived in Canada in 2014, where she completed her 200 hours Hatha Yoga Teacher training with Sylvie Gouin. In addition to her ability to sequence and pace classes for students of all levels (in English, French and Spanish), Delphine has a strong knowledge of breathing techniques, mantra chanting, meditation techniques, and Yogic philosophy.