



Dana Cook



I have been teaching a Modified Primary Ashtanga Yoga class for the past four years. I received my Practitioner Level through Yoga in Motion with Rockne White in 2002. With Amy and Krista's support I began volunteering at the YMCA teaching a weekly class. I have also had the opportunity to attend Ashtanga workshops with David Williams and Doug Swenson. My teachers are Samantha Lloyd, Margot Kitchen and Father Joe.

I attend workshops once a year with Father Joe when he visits Medicine Hat. My focus is Iyengar Yoga. For the past five years I have had the opportunity to attend yoga retreats in Mexico to study with Margot Kitchen and Shirley Daventry French who are Senior Iyengar Teachers.



I love teaching and helping others find those openings within their bodies and minds. I try to take my practice off the mat with a consistent Pranayama Practice which allows me to better handle life's ups and downs with a little more awareness. I am a busy mom of 5 children, a Preschool owner/teacher with even more kids. Yoga is my life, my passion, and a journey that is always unfolding itself.

Namaste,
Dana

