



Darlene Rosenau



When Krista and Amy asked me to a bio on myself, I instinctively, wanted to start from my birth, in Calgary at the now imploded, General Hospital. However, due to space and time constrictions, they have only "allowed" me to give you the abridged version! So, I shall spare you all my childhood and adolescence and skip, closer to the present.

As you may, or may not know, (well, I guess, if you already knew, then I wouldn't have to write a bio on myself) I am a Yoga/Pilates Instructor, not only at the Fantabulous Blue Butterfly, but as well, work with Be Fit For Life at the Medicine Hat College, where I spend Monday & Wednesday noon hours with staff and students doing yoga and pilates. That's after I'm done with the Seniors in Redcliff on those mornings. Then Tues/Thursday mornings, you'll find me hanging out at the Veiner Centre, where we do yoga/stretching type stuff as well as cardio/toning type stuff. Of course, Thursday evenings, here at the Blue Butterfly. So, what actually qualifies me to stand up in front of these people and lead them in these activities you ask? Well, let answer that for you. (I'll be brief, kind of). My actual love and passion for fitness began about 10 years ago at the YMCA. At first, I would just use the machines, cause I was too embarrassed to go to any of the classes, cause I'm such a clutz. However, one day, after continual persistence, or shall we say "encouragement" from Krista, I made my way upstairs to my first group session of target toning, with Krista. Well, she made everyone, feel so comfortable and was so enthusiastic, that her love of what she does, was/is contagious. From there, I got certified with Basic Fitness Theory (again, from guess who, Krista) certified AquaFit Instructor (from you guessed it). Somehow, I ended up going to a couple yoga classes, with an instructor, that actually turned me off of yoga. I didn't like it at all. Somehow, again, Krista, and now Amy, who are not only my mentors, but real pains in the butt, were teaching gentle yoga, (which is really not all that gentle!) but they made it fun and were always encouraging to everyone. As luck would have it, there was opportunity to become a Certified Ashtanga Practitioner, again at the Y, and have ventured forward ever since. To make, what could now become, an even longer Bio, cut short - I followed another passion and direction, to Calgary, where I took Stott Pilates Training (along, again, with Krista and Amy).



There's so much more of my exciting life I'd love to share with all of you, and I know, there's so much you'd all love to know and here about me!!!!!! So, until next time, keep doing what you're doing, and doing at the Blue Butterfly, cause everyone there, really does care about each individual.

Take care, luv Dar

