



Dawn Olson



Ever since I was six years old, I remember being a part of exercise clubs and activities (starting with my sister and my 'Body Buddies' Club in our basement). Sports, especially endurance events, were a huge part of my young adulthood. When I decided to try yoga for the first time, I was expecting an easy, 'flaky' kind of a class. Was I ever surprised! Not only was the class physically challenging for me, but I felt so mentally focused that I walked to the library and read a novel! I was hooked. I have been practicing now for almost five years, and find yoga to be the perfect balance to my work, endurance running, and stress.

After volunteer teaching friends and colleagues, I had the opportunity to do a month long intensive teacher training class at Yoga Passage in Calgary in July 2007. I now aim to share my passion with others. I strive to teach classes where students feel powerful, strong, and stretched, but also energized, centered, and relaxed. I think that the Blue Butterfly environment is perfect for helping students to feel safe, warm, and supported.



By day I am an Occupational Therapist at the hospital, and you may also see me marathon training, playing volleyball, at community arts events, or traveling the world.

Namaste,
Dawn

