



Promoting personal growth through activity, education and acceptance.

Dear Health Professional;

The Blue Butterfly Yoga & Pilates Centre is pleased to offer a safe form of physical activity for participants with a variety of fitness levels and abilities. Our style of yoga and pilates focuses on alignment and the natural positioning of the spine. Participants learn to work within their own range of motion through the use of props, supports and modifications. Our goal is personal success without injury to create an overall health benefit to our students.

Krista Olsson-Campbell and Amy Risk have 25 years of combined experience in the fitness industry. Their education and practical expertise bring a strong understanding of anatomy and movement mechanics to their instruction. This provides the foundation for the safe practice of yoga and pilates.

We've provided an overview of our education below and a current schedule and brochure can be viewed at bluebutterfly.typepad.com. We specialize in small class sizes (8-12 participants/class) to maximize participant attention and safety.

Krista Olsson-Campbell

B. Physical Activity Studies
Certified Exercise Physiologist--
CSEP
Medical Exercise Specialist
AFLCA Trainer of Fitness Leaders
Stott Pilates Instructor: Mat levels
1&2
Yoga Teacher--(Yoga Fit Level 1,
Yoga In Motion-Ashtanga Yoga,
South Okanogan Yoga Association
Teacher Trainee 500hr level, Pre &
Postnatal Yoga)

Amy Risk

Fitness Leadership Diploma
Business Administration Certificate
Certified Personal Trainer--CSEP
AFLCA Strength and Conditioning
and Group Fitness Specialties
Stott Pilates Mat Instructor: Level 1
Certified Yoga Teacher--(Yoga
Association of AB, Integrative
Yoga Therapy, Yoga In Motion,
Yoga Fit Level 1, Pre & Postnatal
Yoga)
Yoga Alliance Registered Yoga
Teacher

Thank you for allowing us to introduce ourselves. We would appreciate any participant referrals that you think would benefit from our classes. We would be happy to answer any questions you may have to ensure your confidence in our services.

403-458-BLUE(2583)
registration@bluebutterflyyoga.com

Thank you again,

Krista Olsson – Campbell

Amy Risk

Blue Butterfly Yoga & Pilates Centre
657 2nd ST SE Medicine Hat AB T1A 0C8
403-458-BLUE(2583)

email: registration@bluebutterflyyoga.com web: bluebutterfly.typepad.com