



Krista Olsson-Campbell



Spirit, Mind, Body. These three words have resonated with me my entire life. Growing up on a farm in East Central Saskatchewan allowed me the time and space to discover an innate love of movement and nature. From running in the pasture to biking down dusty dirt roads, I spent many hours exercising for the sheer joy of physical exertion. The solitude granted me space to clear my head and allowed my imagination and dreams to flourish.

When the time came to leave home, I had not yet decided what to do with my life. However, within the year, I naturally wound up in the Physical Activity Studies Program (Kinesiology) at the University of Regina, focusing on Fitness and Lifestyle. After traveling and working at various jobs along the way, the opportunity arose for employment with the Medicine Hat Family YMCA in the summer of 1997. Little did I know I would remain at the Y for nearly 10 years! The personal and professional growth that I experienced during my tenure as Group Fitness Director are immeasurable. I made so many wonderful friends and acquaintances (many of whom worked with me as dedicated volunteers) making the decision to leave the position one of my most difficult ever.



It had always been a dream in the back of my mind, that one day I would own my own studio and had shared this many times with my good friend and Y colleague, Amy Risk. As we began to discuss it more, the more possible it seemed and soon we were taking the steps necessary to create the Blue Butterfly Yoga and Pilates Centre. It is a pleasure and a joy to go to work everyday. Instructing Yoga and Pilates is challenging and rewarding. They are both very specific disciplines demanding knowledge and expertise in, once again, Spirit, Mind, and Body. I look forward to being a life-long student of both Yoga and Pilates and I am full of gratitude for the ability and the opportunity to share it with others.

In Joy,
Krista



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