

Integrative Yoga Therapy 200 hr. Therapeutic Teacher Training
THRIVE! Naturally Studio Retreat Lac La Biche, Alberta, Canada
June 29-July 19, 2012

FACULTY

Serena Arora

B.Ed., Certified Professional Yoga Therapist, Wholistic Therapist, Mind Body Specialist, AFLCA, Stott Pilates Mat and Ashtanga Yoga Trained.



Born and raised in Canada, with cultural roots in India & Malaysia, Serena has had the good fortune to experience life and yoga in many parts of the world at an early age. As a bilingual middle school teacher, she was privileged to share her knowledge and life experiences with her students; yet knew she had much more to learn herself. Serena merged her passion for education, travel & yoga and found herself immersed in different schools of Yoga & Wholistic Therapy throughout India, Southeast Asia, America, Canada & Australia. Extensive travel, coupled with her unique background, has helped Serena adopt an authentic understanding and approach to Yoga, Wholistic Health, and Global Humanity. Drawing from these rich experiences, and over 15 years of teaching yoga and group fitness classes, Serena infuses passion, creativity, versatility and humour into her classes, custom retreats, conference presentations and yoga teacher trainings.

Grateful for having had the opportunity to learn and train with some of the world's best, Serena holds sincere gratitude for her students, teachers and mentors alike; [Ms. Geeta Iyengar](#), [Nevidita Joshi](#), [Joseph & Lilian Lepage](#), [Molly Lannon Kenny](#), [Sandra Coombe](#), [Rockne White](#), [Alice Bracegirdle](#), [Helen Vanderburg](#) and, especially her very first 'guruji', her dad.

Serena is the creator and studio director of *THRIVE!...Naturally. Yoga & Wellness*, a unique lakeside studio retreat in Lac La Biche, Alberta, Canada, and yoga student, teacher and trainer for the [Integrative Yoga Therapy 200 hour Therapeutic Yoga Teacher Training](#).

Celeste Steyn

Physical Therapist



Originally from South Africa where she graduated from the University of Pretoria in Physical Therapy, Celeste has been a Physical Therapist in sports and orthopedic medicine for 10 years. She has worked in South Africa, England and Canada with various sport groups which included professional rugby and cricket players, athletes and dancers. She incorporates various hands-on therapies in to her practice including acupuncture, muscle energy techniques, specific soft tissue therapy together with specialty exercise therapy. She has been practicing yoga for 6 years and recommends it to her patients on a regular basis.

Vaidhya Dhara Shah

DNM (Canada), M.D. (Ayurveda, India)



Dhara is currently an Ayurvedic Consultant in Edmonton. She graduated Ayurveda from the world famous University "Gujarat Ayurved University" in Jamnagar, India. She has been practicing as an Ayurvedic Consultant, Instructor and Ayurvedic Course Instructor in India & Canada for over 16 years, specializing in cleansing therapies.