



info@katewmak.com



www.katewmak.com
www.mynahschoolofyoga.com



available upon request

BLURB

After living several lifetimes, my path has landed me into the world of teaching yoga and living a life that is full, happy and healthy. Through teaching yoga, I hope to share not only my personal experiences and all the teachings I have learned from many great teachers but to inspire others to forge forward in all their goals, dreams and desires.

MYNAH SCHOOL OF YOGA

With great pleasure and honour, I have founded this yoga school that aims to support the community at large and offer quality Yoga Alliance certified yoga teacher trainings at the 200 hour level and the advanced 300 hour level.

EDUCATION

2010 200 hr NY Society of Yoga

2009 500 hr Moksha Yoga

2006 BSc University of Calgary

FUN FACTS

Lululemon Legacy Ambassador.
Fun enthusiast.
Lover of food.
Plant mom.
Traveller.

PREVIOUS LIFETIMES

University student.
English teacher in Japan.
Neuroscientist

STUDIOS

- 15-C Junction 9 Yoga & Pilates
- 15-C Journey Yoga
- 12-C Health Systems Group
- 09-17 Moksha, Beyond Yoga, Sanguine Yoga, Yoga Santosha

RETREATS WITH YOURS TRULY

- 2018 8 days | Ubud, Bali with Michael Franti
- 2017 8 days | In Sabina, Italy
- 2016 7 days | Puerto Viejo, Costa Rica
8 days | Ubud, Bali
- 2015 8 days | Ubud, Bali
- 2014 8 days | Santa Theresa, Costa Rica
8 days | Ubud, Bali
- 2013 7 days | Hopkins, Belize
- 2011 7 days | Todos Santos

FESTIVAL PRESENTER

- 2018 Banff Yoga Festival
- 2017 Banff Yoga Festival
Camp Yoga
Prana Festival
- 2016 Banff Yoga Festival
- 2015 Bloom Yoga Festival
- 2014 Wanderlust Whistler