



Aniela Sklepowicz:

Aniela's approach to yoga looks at getting in tune with your natural rhythm and discovering your true essence.

The classes are suitable for all levels (Aniela draws the energy of the group together to focus on uplifting everyone, wherever they are on their journey) Thus, classes are always different and unique.

Classes focus on bringing the body to its optimal state enabling you to heal yourself by aspiring to the union of balance through movement, breath and stillness.

'I look to open the body and mind in all directions, to expand and challenge in new ways, igniting your fire and life, leaving you feeling joy, love and peace.'

With over 11 years experience Aniela first came to India to study Ashtanga (linear, precise, regimented, alignment). Next came the study of Yin (to release deep rooted sport/mind stiffness learning to softly and slowly open). Coming back to India to study Zen Yoga (focusing on the present moment with creative movement). Vinyasa flow was next to come (releasing spontaneity, individuality and creativity). She then traveled to Africa to study Yoga Trance Dance with Shiva Rea which ignited the power of music dance and focus within life to transcend the barriers of the mind to see the soul.

Inspired by dance, music, nature, art and social interactions Aniela is beginning to study Kundalini, Tai Qi and Qi Gong and self nurturing. She has an academic background at Queen's University, Canada in Human Kinetics, Sociology and Nutrition as well as study in India of Ayurvedic medicine/therapy, reiki, acupressure and reflexology.

Certifications:

Yoga: 500 hours advanced yoga (ashtanga) training (ISO certified by TUV, Germany and Yoga Alliance, USA @ Ayurveda Retreat, Coonoor, Tamil Nadu India
with: Dr. Senthil Kumar- M.D., PhD. Yoga Master, his Guru is a direct disciple of the great Swami Sivananda

Ganesh Kumar- Yoga Master (Bsc Yoga Cand.)

42 hours, Yoga Alliance Registered: Morocco Trance and Music Immersion with Shiva Rea, Samudra School of Living Yoga in Marrakesh, Morocco

4 month work/study exchange with Michelle Perry (Zen Yoga) , in Patnem, Goa, India
42 hours, Yin Yoga Alignment at Feel Studio in Kingston, Ontario, Canada

Ayurveda: Certified Therapist Training and Ayurvedic Nutrition Certification with:
Dr. Sundarramar, BAMS Gold Medalist, Ayurveda Acharya @ Ayurveda Retreat, Coonoor, Tamil Nadu India

Reflexology and Acupressure Certification: Dr. Senthil Kumar- M.D., PhD. D. @ Ayurveda Retreat, Coonoor, Tamil Nadu India

Reiki Level I and II and Yoga Massage Certification: with Michelle Perry, Reiki Master, in Patnem, Goa, India

Human Kinetics and BA (Sociology/health) degree: Queens University, Kingston, Ontario, Canada