

MEET THE INSTRUCTORS



SHANON VIRDI

Learn how to alleviate stress, build focus and rid the aches in your body through the practice of yoga. Shanon has been a certified yoga teacher since 2013 and has furthered her education throughout Canada, India and Guatemala. She specializes in meditation through breath and mantra, laughter therapy, movement and body ergonomics. It is Shanon's goal to make yoga accessible for everyone and to allow others to tune in to their fullest potential to see and be the best version of themselves.



WENDY COLE

Wendy Cole has taught yoga for more than 40 years. She is certified in the Classical Tradition of Hatha Yoga, and has studied with master teachers of many other styles which she incorporates into her classes. Wendy was a former Director of Yoga Centre Toronto and has developed Teacher Training Programs and led many weekend retreats and workshops over the years. Wendy's classes include poses to strengthen, stretch and align the body; breathing exercises; relaxation techniques; concentration; meditation practices and practical Yoga theory.



ALYSHA PACHECO

Alysha Pacheco graduated from Canada's National Ballet School and teaches and delivers dance and yoga classes for students and children ages 5-12 at UGOT Active Kids. Alysha is certified in Vinyasa, Power Flow, Restorative and Prenatal Yoga, with adaptable teaching style for students of all levels. She's passionate about helping children discover their talents and become the best they can be!