

**Kate Mak****YOGA TEACHER AND FOUNDER Mynah School of Yoga**

Kate is a Calgary based yoga teacher who is a self-proclaimed fun enthusiast that is always seeking to learn, teach, travel and eat.

She believes in living a life that is full, happy and healthy. Living wildly towards all the great things your heart desires and meeting amazing people all along the way. Teaching yoga and getting onto the mat myself is one of the most beautiful and satisfying journeys she has been on and continue to walk along. It is her humble hope that she can encourage and inspire while sharing the pieces of her with every class she teaches.

It is important for her to approach and teach from a place of playfulness while going deeper into the flow and poetry of the practice. In her classes, she strives to blend her background in science with the steeped wisdom that comes from yoga teachings while keeping it lighthearted and fun. It is her intention to awaken within each of you, your ability to act as positive instruments in this world for change. This is powered by love, joy and laughter! In more recent developments, she has founded the MYNAH School of Yoga and offering yoga teacher trainings with the belief that achieving our wildest dreams is done by unwavering support and love of community. The MYNAH faculty becomes that community for our trainees as they generously offer their knowledge and wisdom. It is a heart full offering straight from the soul.