



Your Ottawa On-site Wellness Team



Julie Bolduc



Julie is a certified and [registered](#) yoga teacher, life coach and learning expert (facilitator, designer, advisor) who is offering yoga classes, consultations, emotional connection sessions and energy clearing sessions. She brings clarity and spiritual insights to facilitate the integration of the consciousness in its pure essence and integrity, so that everyone can remember the fullness of their divine essence.

A lifelong student, powered by a thirst for self-knowledge, wisdom and deep understanding, she is passionate about connecting with people and helping others access their true potential. Over the last 20 years, she delved into philosophy, yoga, meditation and energy healing. She is also certified by Raphael Cushnir as an [Emotional Connection Facilitator](#) and served as an assistant for a week-long retreat.

Julie now draws on everything she has ever learned as potential resources to support and empower others to discover their limitless potential and cultivate an unflinching self-trust and inner strength. Through a creative, conscious, open and collaborative approach, she infuses her work with bountiful energy and she meets individuals where they are on their journey, celebrating their uniqueness with an all-encompassing presence.

Julie offers speaking engagements and teachings to support individuals in releasing what stands in the way of the expression of their most authentic self.

Her commitment is to inspire and empower others to create a vibrant and focused life and to help them allow the expansion of their limitless potential.

Her contact info is expandyoga@hotmail.com or [819-431-1000](tel:819-431-1000).



Nicki Bridgland



I am a certified Conscious Living and Loving Coach, and Hatha Yoga Teacher. I inspire people to see, feel and own their strengths. Through my open heart, ability to deeply connect, and playful approach I create communities everywhere I go. For the last twelve years I have developed “Recess for Adults”, fostering play for adults as if they were children again. As a thriving entrepreneur, one of my favourite conversations is spent by a fireplace discussing how to turn “what if’s” into “what are’s” ... in love, business, play, or family.



Teri Gentes



International speaker, educator, lifestyle coach, natural foods nutritionist/researcher, personal trainer/fitness instructor, chef and author, Teri Gentes brings with her over 25 years of experience in healthy everyday living and eating for everyday people, health advocates, and athletes. Her personal and professional passion and honouring of whole self-health including preparing and consuming nutrient-dense fabulous tasting real foods for disease prevention, treatment and even reversal is balanced with a research-based, informative, practical, and engaging approach. Teri in-stills awareness, inspires desire, and enables action for making the transition to healthier habits for disease prevention and treatment, easy, realistic, enjoyable, affordable, sustainable, and delicious. She is described as a vibrant and radiant soul – living proof of the philosophy she shares.

Teri offers a variety of services including educational lectures, workshops with on-site food demos, seminars, wellness retreats, corporate and private consultations/training, natural nutrition and lifestyle coaching including mentoring and stress management, group exercise classes including yoga-fit, and gourmet nutrition catering.

For more information, please visit her [website](#) or e-mail her at teri@terigentes.com.



Josée Gonthier



Josée has been practising yoga since 2000. Her profound devotion to the practice and its many benefits in all aspects of her life has encouraged her to deepen her knowledge and share her passion through teaching. In 2013, Josée completed her hatha yoga teacher training (RYT-200) with Sylvie Gouin of Inspired Living Consulting and her yin teacher training (RYT-30) with the Rama Lotus Centre. Her calm nature and her deep caring for others are clearly demonstrated through her classes. Creating a safe and relaxing space for her students, Josée offers an integrative practice where they can connect with themselves through physical postures, breath work, and meditation while increasing their flexibility and physical strength. Josée is currently taking her 300-hour advanced hatha yoga teacher training under Sylvie Gouin of Inspired Living Consulting and looks forward to passing on her increased expertise.

To contact her, please write to gonthier.josée@gmail.com.



Sylvie Gouin



Sylvie is a knowledgeable, generous and experienced teacher and consultant who brings about positive and uplifting environments that foster healthy, mindful and purposeful living. Her private consultations, group classes, workshops and certification programs provide the tools necessary for you to integrate the knowledge and maintain the motivation to keep-up and reap the benefits of your commitment.

Sylvie is the author of Inspired Living: A Guided Yoga Journal (a self-published book endorsed and written under the tutelage of Georg Feuerstein), a recipient of the United Way Community Builder Award, an Experienced Registered Yoga Teacher (ERYT-500) with Yoga Alliance, a Registered Holistic Nutritionist (RHN), a Reiki Master under the Usui system and she is currently completing a degree in interfaith theology.



Martha Judd



As an experienced and dedicated vinyasa yoga teacher, Martha meets you where you are and provides you with the tools to experience balance, strength, and flexibility in an integrative manner through the practice of yoga. With over a decade of experience with yoga she knows how beneficial yoga is to bring clarity in different phases of life. As a student Martha completed her 500-hour yoga teacher training. Martha teaches yoga classes, workshops, yoga teacher training workshops, and prenatal yoga classes with dedication and experience.



Catherine Lesage



Catherine discovered yoga while hiking in the Rockies back in 1999. She then embarked on a path leading her to a deeper understanding and appreciation of yoga and yoga for children. She is fascinated by human movement and strongly believes that providing children and adults with opportunities to move through creativity and movement will help all become more physically, emotionally, intellectually connected. She created *Littlefeet Yoga®* in 2006 and in 2009, she started studying with Sylvie Gouin of *Inspired Living Consulting*, moving towards her Hatha Yoga teacher certification in early 2012. Catherine is fortunate to also be working with adults from various backgrounds, supporting and empowering families and adults with movement experiences for better living and being. She is an avid mover and sports lover, a teacher, a physical education and kids/teens yoga specialist, a registered yoga teacher, a life-long educator, a former lawyer and ethics officer. She continues to be amazed by the wonders of children, movement, connecting with people and nature.

You can reach her at info@littlefeetyoga.com, www.littlefeetyoga.com or [613-299-0320](tel:613-299-0320).



Stefania Moffatt



Stefania began a yoga practice almost 15 years ago. From the beginning she always yearned to teach. Over the years her yoga practice has evolved just like her role as a wife, mother, student, and now teacher. To her, yoga is far more than a physical practice on the mat – a belief that she shares with her students, family or any person who asks about yoga.

Stefania's path to teacher training was long with many forks in the road, but she's grateful to have completed the 200 hours to call herself a certified hatha yoga teacher. In addition to being a yoga teacher she is also a writer, editor, and registered holistic nutritionist. She is the author of two books, *Everyday Superhero* and *Headstrong*.

For more information, please visit her [website](#).



April Murphy



April has been practicing yoga for over ten years and has experienced firsthand the many physical and emotional benefits yoga has to offer. April completed her Hatha yoga teacher training (RYT-200) with Sylvie Gouin of Inspired Living Consulting in 2014 and is excited and grateful to teach and share the gift of yoga with others both on and off the mat. April's classes offer a blend of strength, flexibility, and balance infused with calmness for an overall active yet grounding experience.



Jennifer Wrightsell-Hughes



About 14 years ago, Jennifer embarked on what was to become a life-changing yoga journey. What began as an antidote for panic attacks and anxiety gradually turned into a passion for yoga as a life practice and spiritual path. In 2002, Jennifer completed her yoga teacher training with the White Lotus Foundation in Santa Barbara, California. Since then, through teaching, continued study, and dedicated personal practice, Jennifer's love of yoga and commitment to the practice have deepened. Her desire to enhance her knowledge and experience of yoga, and to share yoga's many gifts with others, led her to enroll in the Inspired Living Consulting advanced yoga teacher training program with Sylvie Gouin, from which she graduated as a RYT-500 in December 2013. Jennifer believes in making yoga accessible to all, and offers an approachable and down-to-earth teaching style. She is committed to growing as a student and a teacher of yoga, and strives to practice yoga both on and off the mat.



Ruth Znotins



Ruth's first step on the path of yoga in 2005 was prompted by a massage therapist who casually suggested she might want to give it a try. Since then, she has progressively explored Ashtanga, Vinyasa, Yin, and Restorative yoga resulting in an ever-deepening appreciation of the way these practices nurture mind, body, and spirit.

In 2009-10, she undertook Level I and II Yin Yoga training as well as Yoga Alliance Certified Teacher Training (250 hours). Since then, she has been honoured to instructed in yoga studios as well as lunch time sessions in workplace board rooms.

In August 2013, she participated in MindUp Training <http://thehawnfoundation.org/mindup/> sponsored by the Vancouver Board of Education. In February 2014, she completed the Mindfulness Without Borders Facilitator training program. Between January and March 2014, she delivered an 8-week Introduction and Mindfulness training to Grade 7 and 8 students in a local elementary school in Ottawa.