

Kate W. Mak



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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.

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

- 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

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