

Jean Short

Jean, a certified yoga instructor, started on the wellness path in the mid-nineties when she attended her first yoga class at the West Island Women's Centre in Pointe—Claire Quebec. Since that time she has attended numerous Yoga workshops and teacher trainings. She has always enjoyed working with seniors and was passionate about the Red Cross Friendly Visiting Program when she lived in Riverview NB until 1994.

She was fortunate to have fabulously trained Kripalu (compassion) Yoga teachers in Montreal, New York, and Halifax, and her husband Wade has been a big support both financially and emotionally.

Jean realized that something greater than herself existed in the Universe not long after starting Yoga, something that decided she needed to become a Yoga teacher. She did not feel she had what she perceived necessary to be a Yoga teacher: soft voice, calmness, flexibility, thinness, ability to learn, memory, ability to do the poses, etc. But a force greater than her thought differently. One way she describes it: "I felt I was on a magic carpet on my way to becoming a Yoga teacher".

After teaching Yoga for a few years, she decided she wanted to share the experience of "something greater than herself, directing her life". She had no idea what it was or how to share it. After asking many people what materials she needed to make this happen a Yoga teacher suggested she get the workbook 'Heart's Desire, Creating the Life You Want' by Sonia Choquette. Once she read it and did the work she realized it was exactly what she needed for the framework for a workshop. She spent a summer working with this workbook, other texts and personal experiences to put together this 18-hour workshop.

She currently lives in Pointe du Chêne in her beach house, teaching Yoga classes in her little home studio, and Healthy Aging Yoga at the Shediac Multi-Purpose Centre. She also leads Yoga for Seniors Teacher Trainings all over the country. She has been teaching Yoga on Parlee Beach for the last 12 years.

More about Jean can be found on her website: gentlepathyoga.com