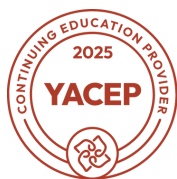
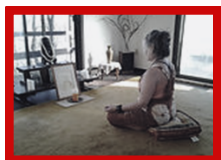


Swami Kripalvananda

The history of 'Kripalu Yoga' is a fascinating one ... as are all yoga histories. In 2019, Gail bathed in Dhyana at Muktidham ("Abode of Liberation") which has been preserved as a sacred pilgrimage place for seekers and disciples of Bapuji's since his 4 years there. Through Muktidham, many experience Bapuji's subtle, loving presence. In the fall of 2025 The KYI Family welcomed Gail into their membership, as a volunteer in administration & design. She remains filled with gratitude to Shambhu and Robert.



Gail has over 4000 hours of teaching experience as of 2025 and looks forward to 4000 more. What other credentials will you reap benefits from as her student? She has been a member of Yoga Alliance since 2008 (nonprofit membership trade and professional organization for yoga teachers, headquartered in Arlington, Virginia and recognized world-wide.

She holds certification in 'Chair Yoga & Seniors Yoga' via Jean Short since 2010; has certification in 'Yoga & Osteoporosis' via Mike Munro (TAYS, Halifax); holds certification in 'Yoga Thrive' (a Calgary based program for those dealing with Cancer) as of 2011; is experienced in Palliative Care Yoga; holds Reiki Level 3 Certification via Brad Surrette; she continues with ongoing studies in Ayurveda (since 2008 via V. Lad, Ayurvedic Institute New Mexico); in 2015 she upgraded to 500HR certification with Chandrakant & the Founder of Kripalu Yoga Yogacharya Amrit Desai; she was the creator of a Children's Yoga Program (TeaSpoons Yoga) facilitated in local daycares & Elementary Schools; she facilitated Teen Yoga at Eastern Passage Education Centre; she led an after-school De-stressor Yoga class for Jr. High Teachers at EPEC; led a Lunch Yoga program for the Provincial Govt of Nova Scotia; facilitated Chair Yoga Classes at the Woodlawn Public Library for their Seniors Program as well as at Ocean View Continuing Care Centre, Eastern Passage, and HALIFAX Recreation Dept., and Breathing Space Yoga, Dartmouth; she is certified in Laughter Yoga with Michi Morioka from Japan; led the Chair Yoga episodes on the 'path of yoga' hosted by Sean Drohan, Eastlink TV; welcomed guest facilitators to her studio from Rishikesh (Yogendra Mishra); facilitated Chair Yoga at the Peace Halifax Event; created a radio talk show 'An Inspired Path' on Seaside FM 105.9; shared in Kirtan with



Krishna Das in Halifax & at the Sivananda Ashram, Nassau, Bahamas; and has been a member of Canadian Yoga Alliance since March 2025. Since the creation of AIP in 2008, she has dedicated herself to YOGA.



An Inspired Path
LOKHA SAMASTHA SUKHI NO BHAVANTU

"According to Indian Philosophy, Yoga is the system of gaining knowledge through direct experience. A Chemist may understand the molecular basis of a strawberry. A Geneticist may understand the DNA sequences that underlie different varieties of strawberries. A Botanist may know the precise soil and water requirements for a strawberry plant to thrive. A Yogi knows the strawberry by taking a bite."

D. Chopra

AN INSPIRED PATH

has been created carefully, thoughtfully, and focused on each 'small' detail to absorb what might be missed by moving too quickly.

This pamphlet is a brief bio of its Founder,
Gail E. Fulop

UNVEIL YOUR LIGHT & GIFTS

EMBRACE THE LIFE YOU HAVE

In 2008, 200hr Certification as a Registered Yoga Teacher (RYT) with Jody Myers and Silver Frith through AYTT (www.ayttyoga.org) initiates the formal training for Gail after many years of her own personal sadhana. AYTT continues to follow in the Kripalu Yoga Tradition.

Jody (founder of AYTT, Halifax) first travelled to the Kripalu Center in the US in 1980 where she met the great Shaktipat

Kundalini Yoga master Swami Kripalvandiji, and studied with Yogi Amrit Desai, the primary founder of Kripalu Yoga and Amrit Yoga Schools. She also studied with several other key founders and teachers of Kripalu Yoga, Amrit Yoga, and a number of visiting teachers from a variety of yoga traditions. Jody founded AYTT in 2000, and was a lead teacher in the 23 programs taught over 12 years.

Frith is a Yasodhara Ashram-trained teacher and brings with her the lineage of Swami Sivananda Saraswati, one of India's great gurus, and the founder of the Divine Life Society. Through 'AIP' ... you reap the beauty of both lineages, connected via Jody and Frith ... to Gail ... to you.



In 2015, Gail's Certification upgraded to RYT500hr through the Amrit Institute, Ocala Forest, Florida. Yogi Desai had been teaching for more than 50 years and remains recognized as the dedicated disciple who brought the authentic teachings of Swami Kripalvananda from India to the U.S. Desai was born in Gujarat, India (the same location as Swami Kripalu). At age 15, he met his guru and called him Bapuji (revered father figure). Desai came to the U.S. in 1960 and in 1966 he & nine others formed the nonprofit Yoga Society of Pennsylvania to advance the science and philosophy of yoga in the West, and all in honour of Swami Kripalu who accepted Amrit's invitation to visit America in 1977 where Bapuji stayed at Muktidham for 4 years. Through 'AIP' ... you absorb direct prana from the Kripalvananda lineage.

Chandrakant (John Heister) was a senior teacher and seminar leader at the Amrit Yoga Institute in Salt Springs, Florida in 2015 during Gail's training. He prepares, presents and leads professional training both nationally and overseas in the Integrated Amrit Method of Yoga, Yoga Nidra and Quantum Breath Meditation, as well as a variety of other yoga and stress-reduction based programs. He is a preacher's son, a Vietnam era veteran, a longtime practitioner of the martial arts and a graduate of Rutgers University with a degree in psychology.



2019: Gail studies with Kofi Busia (www.kofibusia.com) at The Kripalu Center, Stockbridge, Massachusetts (www.kripalu.org). Kofi is one of the world's foremost teachers in the Iyengar tradition. He has been teaching for over 40 years internationally. He began yoga as a student at Oxford & throughout the 1970's/up until the mid-1980's, he studied regularly with B. K. S. Iyengar, at the Ramamani Iyengar Memorial Yoga Institute in Pune, Maharashtra, South India. His father was a Ghanaian political leader and academic who was Prime Minister of Ghana from 1969 to 1972.