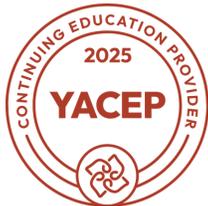
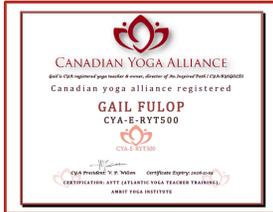
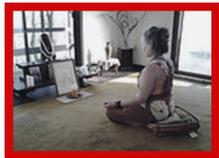


Swami Kripalvananda (Bapuji)

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 4,000 hours of teaching experience as of 2026 and looks forward to 4,000 more. Certifications held are as follows: a member of Yoga Alliance (U.S.) since becoming certified in 2008 with AYT; certification in 'Chair Yoga' & 'Seniors Yoga' via Jean Short in 2010; 2010 certification in 'Yoga & Osteoporosis' via Mike Munro (TAYS, Halifax); 2011 certification in 'Yoga Thrive' (a Calgary based program for those dealing with Cancer); is experienced in Palliative Care Yoga; Reiki Level 3 Certification via Brad Surrette; continues with ongoing online studies in Ayurveda (since 2008 online via the Ayurvedic Institute); 2014 upgraded to 500HR certification with Chandrakant & the Founder of Kripalu Yoga - Yogacharya Amrit Desai; was the creator of a Children's Yoga Program (TeaSpoons Yoga) facilitated in local daycares & Elementary Schools; facilitated 'Teen Yoga' at Eastern Passage Education Centre; 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.; RYT at Breathing Space Yoga, Dartmouth; 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 parts of Canada, Asia & India as well; 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 as well as at the Sivananda Ashram, Nassau, Bahamas; has been a member of CYA since 2025 with her YTT becoming GOLD CERTIFIED in Nov of that year. In 2026 she studied in the jungle of Tulum at the unique HOLISTIKA in Mexico with various gifted instructors such as Susana Sarre, Sofia Llamasa, Leo Ray, Amber Star, Amaya Dominguez, Rocia Rey, Itzel Olvera and Osvaldo Canez. Mayan ceremony infiltrated each nook and cranny.



Since the creation of AIP in 2008, Gail has dedicated herself to all things YOGA, holding Bapuji as a constant in her heart.

JAI BHAGWAN ...



An Inspired Path

LOKHA SAMASTHA SUKHINO 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."

AN INSPIRED PATH

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

This pamphlet is a brief bio of its founder, Gail 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 graduates continue 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 receive experiential wisdom
from all whom Gail has trained with.



In 2014, Gail's Certification was upgraded to RYT500hr at the Amrit Institute, Florida. Chandrakant (John Heister), also a follower of Bapuji and a Senior Instructor at the Institute, led professional training both nationally and overseas in Amrit 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. Bapuji's 4 years at Muktidham in Pennsylvania at the invitation of Amrit Desai, are fondly remembered by Chandrakant who incorporates those lessons and energy into his own teaching. Gail's experience with both Amrit & Chandrakant in 2014 was enlightening.

Through 'AIP' ...
you become part of
the Kripalvananda lineage.

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 and 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, South India. His father was a Ghanaian political leader and academic who was Prime Minister of Ghana from 1969 to 1972.



Directly after her 2008 Graduation from AYTT ... An Inspired Path was created (previously known as 'inspire yoga') in Eastern Passage, NS ... a custom-built studio at the Atlantic Ocean's edge. Over the years, this unique space welcomed Guest Instructors from India, Japan and various parts of North America. 10 Weekly classes operated at full capacity and special events became sought after regular events. To this day, she maintains contact with her former students after relocating to Colchester County, near the 45th parallel in Maritime Canada: Nova Scotia.

Through 'AIP' ...
all knowledge gained from these
Gurus are directly passed on to you.