



Hello! My name is Rhona Parsons and I am married, a mother of 3 beautiful daughters and Nana to 8 incredible little people ☺ and reside in Vernon, BC.

I have been involved in the fitness/yoga world since 1996, and am a Continual Education provider for Yoga Alliance, BCRPA, and CFES. I am a highly accomplished Presenter, Entrepreneur, Author, Life Coach, Yoga and Fitness instructor, and Personal Trainer. I have followed my love and passion for helping others by developing and teaching fitness, Pilates, and Yoga programs for over 20 years. I am a former club owner (2) and was the fitness director for a major fitness company for 5 years.

As a student of the Mind, Body & Spirit theory, and an internationally recognized Yoga Instructor, I love guiding and instructing others to live their best life. I am a National Master Bender Ball Trainer teaching the Bender Ball Method and Barre Above, and have authored many programs including the successful Bender Ball Chair Yoga course. I love teaching a variety of classes and when not teaching, travelling throughout the provinces of BC and Alberta mentoring many instructors and, as well, through creating and teaching CEC approved workshops. I also host annual Yoga retreats in Mexico.

In 2015 I authored and designed a 90-page manual for my signature program, Antaraka Yoga/Pyfusion – an amazing Pilates-infused-Yoga class that I teach to dedicated instructors. By 2017 I had certified over 40 instructors and continue to offer more in-depth programs to them. I live my truth by balancing my dedication to my career and clients, and my devotion to my family.

Speaker and Presenter, Life Coach, E-RYT500, YACEP, National Master Bender Ball Trainer for The Bender Method and Barre Above, Stott Pilates Mat Instructor, Gliding, Les Mills International BP, BF, BS, BV, Fitness Instructor Specialist, Personal Trainer, Pfilates (Pelvic floor Pilates) trainer, Woman of The Year Nominee (2009) for Vernon, BC, Top 10 finalist for the Canadian Zumba Education Specialist position, Toastmaster of the Year (2017) Kalamalka Toastmasters

Member of: Kalamalka Rotary International, Toastmasters International, and WIFA (The Women in Fitness Assn)

**FEE:**

In-house training: 1-3 students - \*\$75/hour                      4 or more: \*\$25/hour per student

Public training:        \*Fee is dependent on workshop

**Included in fee:**

Hands-on instruction

A complete detailed handout

Certificate upon completion

Continuing education credits available from CFES, BCRPA, Yoga Alliance

