

Angie Smith – Bodacious Yoga Instructor

Angie left her corporate job in Calgary in 2003 to begin teaching yoga full time. She has studied with many teachers internationally over the years, leading to an ongoing study with Michael Stone (Centre of Gravity in Toronto, Ontario) in the practices of yoga and Buddhism as well as the divine teachings and life of service of Amma.

In 2006, she traveled to Mysore, India to study with Sri.K. Pattabhi Jois, and his grandson Sharath. While studying at the Ashtanga Yoga Research Institute she became deeply appreciative of the benefits derived from the dedication and focus of the complete Ashtanga practice. In 2007, she co-founded Yoga Mandala in Calgary, before moving overseas where she continued to share her love of yoga, meditation and philosophy.

Since 2006 Angie has welcomed hundreds of Bodacious Babes onto their mats surrounded by the beauty of the Bugaboo and Purcell Mountains. Angie's special warmth, teaching experience and ability to connect with women of all ages and stages, ensures that the yoga on Bodacious trips is soul soothing and enriching for one and all. In 2011 Angie became a mother to a beautiful baby girl. She resides in Calgary with her family where she continues to teach yoga and enjoy the outdoors.

