

BODHI – my yoga space : Teachers



Bhaskar Goswami – From Assam, India, Bhaskar was born into the yogic tradition. He comes from the lineage of Vasishtha, who is considered to be one of the founding fathers of this ancient practice. He has been trained at the Transcendental Meditation school of Assam in India, by Yogacharya Nandakumar in Kuwait and by Siromani Sriram and the Sivananda Yoga Vedanta in Canada.

His 10-year international engineering career provides him with a strong understanding of work-life balance. In 2007 he founded BODHI, a company dedicated to offering genuine wellbeing to people in workplaces. That same year he won the Quebec Entrepreneurship Contest for ‘Entrepreneur of the Year’. Later that year, he also won Accolade 2007 – Recognizing Business Excellence, again for ‘Entrepreneur of the Year’. He is an acclaimed speaker, a certified Naturopath and has released a professional yoga practice CD with two-time Grammy nominated artist, Adrian Carr. The foundation of his teaching is breath awareness.



Anna Jaxa-Rozen – BEC Member and ‘BODHI my yoga space’ co-founder, Anna Jaxa-Rozen is a long time practitioner and certified yoga instructor in Hatha yoga, specialised in prenatal yoga. After studying music at the Conservatoire de musique de Montreal and French literature at UdeM, Anna set her heart on education and obtained her Bachelors in Early Childhood and Elementary school Education from Concordia University, Montreal. Currently a full-time 6th grade teacher and a dedicated mother of two, Anna is passionate about living in the oneness of body, nature and Creation. She is also a public speaker about mindful parenting as well as a Reiki practitioner.

Nature, children, love, music and African dancing are her inspiration. She is the source of great insight for BODHI.



Rosanne Botto – Upon experiencing yoga for the first time with yoga master Dr. Madan Bali in 2000 as a way of healing from her high stress career in Information Technology, Rosanne discovered the beauty and inner peace that is always present and often overlooked. The practice had a profound impact on her and it became obvious that it was time for a shift. Having taught technical subjects for years in the corporate world, Rosanne took her teaching skills to offer yoga to people from all walks of life.

In 2004, Rosanne completed her intensive Teacher’s Training course with Dr. Bali and decided to make the switch from the corporate world to something more meaningful and satisfying for her. She has been sharing her knowledge and understanding of yoga with students ever since. She helps her students reconnect with their bodies; to understand the body’s natural feedback and how to work with it. This empowers them to manage stress and to bring about wellbeing by creating the intention in the mind. Tapping into the infinite energy within, and allowing effortless effort to manifest these intentions into physical reality.



Sophie Dubé - Sophie has been practicing yoga for over 10 years. She has studied under Masters such as Satya Aubert, Sriram and Bhaskar in the traditional Sivananda lineage as well as Karen Claffey in Anusara technique. With a Masters degree in Clinical Sexology, Sophie is most aware of the subtle and indivisible bond between the body and mind. She considers Yoga as a primordial tool for overall health.

Director of the Angelman Syndrome Foundation, a rare genetic disorder, she's been counselling families & individuals, raising funds and organizing leisure activities for handicapped children. A mother of 2, she is known for her caring, gentle and humorous personality.



Shauna Larson – Shauna has practiced yoga and meditation for over 15 years and is a Kundalini Research Institute Certified Yoga and Meditation instructor. She is a graduate of a Buddhist Seminary and an authorized meditation guide. Shauna leads a variety of workshops, classes and retreats as well as personal yoga therapy sessions. As a mudra space awareness instructor, she teaches meditation in action.

She is passionate about educating educators on the importance of yoga in the classroom. She is a student of therapeutic clown techniques and has completed training in care for the dying and grieving. She is an artist, a parent and a student of Chogyam Trungpa Rinpoche and Sakyong Mipham Rinpoche.



Daniel Iorio - Daniel has been practicing mindfulness & meditation for over 10 years, under the guidance of the highly realized Dzogchen Ponlop Rinpoche, with the Nalandabodhi organization. Daniel has also received teachings from Kempo Tsultrim Gyamatso Rinpoche, Bardor Tulku Rinpoche, Lama Surya Das and Lama Tenzin Yongdu, who was a direct pupil of Chogyam Trungpa Rinpoche. Tenzin Yongdu trained Daniel in walking meditation and mind-training.

Daniel's mission is to transcend the dharma in the West, in a mainstream, non-traditional manner, while still touching on the important, theoretical side of Buddhism. He has spent the bulk of his professional life in the corporate sector, and is also an accomplished singer/songwriter, classically trained actor and published columnist. Daniel also practices Chen-style Taiji under Master Li Xu, a 12th generation, direct descendent in the Chen-style Tai Chi Chuan lineage.

Daniel guides students through choppy waters, by equipping them with the spiritual and practical tools they need to deal with life's hardships, both personal and professional. These precious teachings also assist students who suffer from anxiety, fear, depression, obsessive-compulsive behaviour and low self-esteem. Compassion and wisdom is the key.

One need not be in a state of disarray to benefit from the teachings either. We can all stand to be calmer, happier, healthier and more attentive to our surroundings. Daniel also makes himself available for one on one discussions.
