

# Yoga Instructors

## Restorative Yoga / Yoga with the Children's Program

### Derrick Carl 'Deejah' Biso

(They/Them/Theirs)

Deejah is a trans non-binary, queer artist and performer living in Windsor Ontario. Born and raised in Prince Edward Island, Deejah completed their undergraduate in Philosophy and Diversity and Social Justice Studies at the University of Prince Edward Island, and also partially completed a diploma in Graphic Design at Holland College. They have been working professionally as a graphic communication designer in Windsor since 2016 and supporting local supports for the LGBTQ2SIA+ community and liberation efforts. They are continuing their education with the University of Windsor's School of Creative Arts while working part time with Nouveau Event Planning and the City of Windsor. Deejah also volunteers as a member on the Artcite Inc. (Windsor ON) and Atlantic Summer Institute (Atlantic Canada Region) Board of Directors. Derrick also teaches yoga with the City of Windsor and was training and certified by the Maritime Yoga Teacher College located in Prince Edward Island.



## Energizing Moments

### Airlie Ogden

Studio Development Manager, Modo Yoga Charlottetown

Airlie holds a Bachelor's Degree in Psychology from St. Francis Xavier University. In 2006, her curiosity in Eastern Psychology led her to the practices of yoga. She did her first yoga teaching certification in 2010, and in 2011 completed a one-year Professional Yoga Therapy training with Integrative Yoga Therapy. She studied Ayurvedic Medicine at the California College of Ayurveda from 2013-2015 and worked as an Ayurvedic Practitioner in Victoria, BC, before moving home to PEI in 2019. She teaches various forms of yoga, as well as meditation and lifestyle practices in Charlottetown. When not at Modo Yoga Charlottetown or her home office, you can find her near the water with her beloved spaniel, Orwell.



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