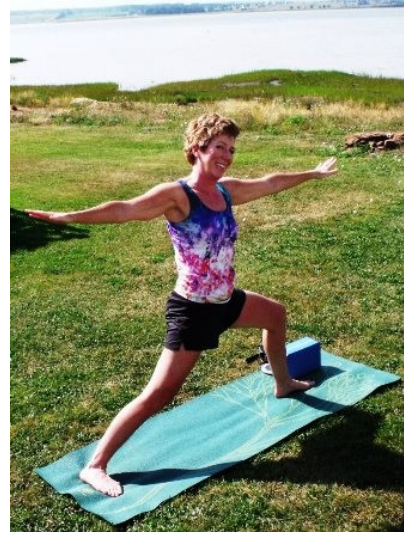




*Kim at three years*



*Kim with Prince*



*Kim strikes a pose at home*

Kimberly Anne Hannah was born in the Salvation Army Grace Hospital, “a while” before that hospital's Obstetrics Department was closed in 1997. Her mom, Fran, and dad, Dave, were ecstatic to have a little baby girl join big brother Dan who was already five years old.

The family lived on the outskirts of rural Navan and they loved the bucolic lifestyle. Even as a wee sprite Kim tried to keep up with Dan on long hikes, swimming, cross-country skiing and skating. This was before kids had boxes overflowing with plastic toys and electronic equipment. They used their imagination to invent games from sunrise to sunset and never ran out of ideas for outdoor fun. They picked wild berries and puckered up their mouths with wild chokecherries. They raced each other sliding down a ninety degree clay hill into a creek. They slid down hills for hours on end in winter and tried to encourage the family dog to pretend she was a husky and pull them on their sleds.

Growing up in the seventies, Kim loved school and adored her teachers. She did well in every subject but by high school zeroed in on Math and Science. She was fascinated with how Science explained the natural world and was inspired, once she reached university age, to study Honours Molecular Biology at Ottawa University. She then completed a Masters while at the same time working full time for Health Canada. She was a research scientist who studied how lethal viruses evolved to kill and could be altered genetically to be less virulent.

In her spare time Kim figure skated and took aerobic classes. She loved the physical freedom and sense of rhythm that these entailed and became a certified fitness instructor in 1996. She was always enthusiastic about trying new activities but once she took yoga classes yoga became

her first love.

After 29 years with Health Canada, Kim took an offer she “couldn’t refuse”. She took a two-year education leave and then retired from Health Canada in August 2014. It wasn't long before she became immersed in following her passion for serving the health and wellbeing of people. She co-started a Women's Support Club where women at different stages of career and life met for mutual support and networking. She then took two hundred hours of intensive yoga training from the International Yoga Alliance and became a yoga teacher. Now she is enrolled in a more advanced five hundred hour program. Not only does she love the physical aspects of yoga, but the meditative and philosophical aspects as well. It is the many dimensions of yoga that can help people handle the inevitable “sharp right corners” of life that affect us all. As a teacher, Kim’s approach is to encourage people to explore their own selves and truth. She considers her role as a facilitator of personal exploration --on the physical, mental, emotional and perhaps spiritual levels. For Kim that was the most profound shift from being a ‘fitness instructor’ to becoming a ‘yoga teacher’.

Kim has taught three Wednesday yoga classes at GSAC since September 2013 and presently is also teaching ten classes a week elsewhere. Her students are encouraged to pursue a positive vision of life rather than dwelling on the negative. She is particularly grateful for the open-mindedness and open-hearted enthusiasm she finds in GSAC pupils. Not only does she teach them but they teach her.

Kim points out that yoga can be beneficial to everyone, no matter possible limitations. She has taught people confined to wheel chairs and some confined to bed. She encourages them to explore *Santosh* which strives for experiencing “contentment and satisfaction” and is one of the *niyamas* or practices of Yoga as encouraged by guru *Patanjali*. Contentment can be defined as not requiring more than one needs. Kim and I discussed our mutual aversion to being tied “too much” to technology. We agreed that although technology has provided many positive conveniences, we need not become a slave to it.

Kim lives with her husband, Stephen, in Stittsville, near lovely nature trails and is an avid gardener and golfer. They have a rescued dog and Prince is enthusiastic about long walks during which he patiently waits while Kim practises yoga. (Kim also patiently waits while Prince checks out various smells and critters.)

Kim's husband will retire in a few years and they hope to do more travelling--perhaps even practising yoga in various corners of the earth. She will always lead an active life but we hope she will always have time to share with GSAC students the life lessons she acquires along her future paths of yoga enlightenment.