



SHARONI FIXLER

Sharoni is a Level 3 Iyengar yoga teacher, residing in Calgary and the founder and director of CIY House of Yoga. She has a degree in Philosophy and has a lifelong interest in spirituality and human potential. Sharoni began her yoga studies in 2002 and met the late Faeq Biria in 2007, who profoundly inspired her in the subject. Sharoni has studied extensively with his wife, Corine Biria, Jawahar Bangera of Mumbai and has taken several trips to India to study at RIMYI. Sharoni currently serves as national President of the Iyengar Yoga Association of Canada, is an assessor for teacher certification and a mentor for apprentices and teachers. She was a demonstrator and editor for Eyal Shifroni's book, Props for Yoga IV: Backbends and an editor for Dr. Hermann Traiteur's Yoga Asana Physiology. Sharoni brings intensity, enthusiasm and joy to her teaching and encourages dedication and insight. She believes in the transformative power of the practice to illuminate our living.



DEBORAH LOMOND

Deborah has been a practitioner of Iyengar Yoga since 1987 when she met Margaret Lunam in Kelowna, B. C. Deborah was inspired by the transformative potential of Iyengar Yoga. With practice, her perspective broadened to include recognition of the philosophical and spiritual value of the 8 limbs of yoga. She traveled to India several times to study directly with the Iyengar family . After many years of study, and with the inspiration and encouragement of Shirley Daventry French, she attained her Level 3 certification. Deborah was instrumental in fulfilling Margaret Lunam's vision of creating the Kelowna Yoga House, an Iyengar yoga center . Deborah taught and mentored teachers there for 20 years and continues to do so in the Maritime provinces. Her professional career as a Teacher of the Visually Impaired has augmented her natural teaching abilities. Deborah has experienced the beneficial effects of the practice on her physical, emotional, mental and spiritual well being. She is inspired to teach in hopes that her students will experience similar good health. She moved to Nova Scotia in 2014 and opened Yogaview.

LOCATION + CONTACT INFO



Contact

Deborah at: 902-318-4177 or
doubledlight@gmail.com



Address

89 West Arm Road Afton, NS, BoH 1A0



Iyengar Yoga Summer Retreat
at Yogaview

With Sharoni Fixler & Deborah Lomond

July 13-17, 2026

Yoga View, Tracadie, Nova Scotia

IYENGAR YOGA STUDENT RETREAT

This 5 day daily practice will give students an opportunity to focus on developing a deeper understanding of the work of BKS Iyengar providing an enriching experience. A holistic approach, exploring the eight limbs of yoga.



Asana, pranayama and philosophy will be woven into the daily schedule. All participants must know how to set up for Salamba Sarvangasana (shoulder stand).

Take time for retreat through rejuvenating practice and time in nature, exploring the many beaches in this beautiful area.

REGISTRATION

- \$350 for Morning Practices and Thursday afternoon
- \$160 for Going Deeper afternoon practices
- \$30 for the catered Group Lunch on Thursday (please bring cash for lunch, no cheques)



- Registration will be limited to 22 participants.
- Registration accompanied with a 50% deposit (\$175/ \$260) must be received by April 30, 2025. Please send an e transfer to doubledlight@gmail.com. Full payment if required by June 15, 2026. 100% of your registration fee will be withheld for any cancellations after June 15, 2026. If a replacement can be found, your full registration will be refunded minus the \$50 administration fee.
- All props will be provided.
- For information on billeting, accommodation and cottages in the area, please contact Deborah at doubledlight@gmail.com

DAILY SCHEDULE

Monday + Tuesday

9:00am - 12:30pm Morning Practice
2:00-4:00pm (optional) Going Deeper

Wednesday

10:00am - 12:30pm Morning Practice
2:00-4:00pm (optional) Going Deeper

Thursday

9:00am - 12:30pm Morning Practice
12:30 - 2:00pm Group Lunch
2:00 - 4:00pm Q+A and Philosophy Studies

Friday

9:00am - 12:30pm Morning Practice
2:00-4:00pm (optional) Going Deeper



ABOUT YOGAVIEW

Yogaview is a well-equipped Iyengar yoga studio located in Nova Scotia, 25 km east of Antigonish, at 89 West Arm Road in Tracadie. It's operated by Deborah Lomond and her husband, David Eeles, and situated in a quiet setting with a wide, expansive view of the sea. Yogaview is committed to offering quality instruction in the Iyengar tradition for every level of ability and physical condition.