

The V Spa & Wellness Centre Fitness Instructors



Denise McKinley

Denise originally began doing yoga for the physical practice, but quickly fell in love with the philosophy, meditation, and spiritual discipline that is yoga. Denise is finishing her 500 hour SOYA teacher training program, but has also been influenced by the teachings of Michael Stone, and the many wonderful teachers whose classes she has participated in. She believes that yoga can help people heal in many ways – emotionally, physically, spiritually, and mentally. Denise has begun a journey of discovering a deeper connection with her inner self, as well as others through her practice, and is constantly reminded of our connection with all things through breath.



Carolyn Cummins

When Carolyn first set foot on her mat in 1996, she found home. Self taught to begin, she went on to take Yoga teacher training through the Iyengar Yoga Centre of Victoria in 2005, followed by more extensive training through the SOYA graduate program at the Chinook Yoga Studio of Prince George in 2006. In 2008 Carolyn became a Laughter Yoga Leader and made it her mission bring a new found lightness into all of her Yoga instruction. Later that year she traveled to the birthplace of Yoga, India, where she trained with various Yoga Masters. Inspired and driven to fulfill her dharma, in 2009 Carolyn opened up her own entrepreneurial Yoga business, Inner Creations Yoga, teaching at many locations all over Prince George. In both 2009 and 2010, she attended the Vancouver International Yoga Conference and trained with various world renowned Yoga instructors including Seane Corn, Rodney Yee, and Natasha Rizopoulos. With her background training in various different styles of Yoga, Carolyn has pulled the best of all her accumulated knowledge into her instruction. She appreciates the alignment of Iyengar Yoga, the creative flow of Vinyasa Yoga, the energy of Kundalini Yoga, the power of Ashtanga Yoga, the internal connection of Raja Yoga, the silliness of Laughter Yoga, and the detoxification of Hot Yoga. In the end, Carolyn believes, "it's ALL Yoga! Yoga to try it! It feels amazing!"



Amanda Bressette

Amanda is a STOTT PILATES Certified Instructor, BCRPA Certified Yoga Fitness Instructor and Personal Trainer, and a Certified Fusion-Fitness Instructor. She has a passion for fitness and the outdoors, and loves being a mom to her 1 year old son.



Shauna Korogonas

Shauna Korogonas is an energetic, enthusiastic, and talented fitness professional with experience in individual and group fitness. She graduated from the University of Alberta with a Bachelor of Science degree and began her fitness career at the Prince George YMCA where she obtained her first certification as an individual fitness trainer. She developed personalized training programs for many individuals at the YMCA. She diversified her fitness knowledge and experience by obtaining further certifications to teach Yoga Fitness and Fusion group fitness classes. She is also certified to teach and has taught several YMCA fitness trainer courses. In 2010, Shauna decided that a 'freelance' fitness professional business model was a better fit for her to shift some time from her fitness career to her family and continued to lead Yoga Fitness and Fusion classes. Shauna was inspired through her love of yoga and natural talents with children to explore opportunities to introduce children to yoga. In 2011, Shauna achieved certification as a Children's Yoga Instructor through the Radiant Child Yoga Program. Shauna is also a loving mom and takes a very active role raising a very lively 7-year old daughter, Acasia. She also enjoys many outdoor activities with her family, including kayaking, biking, and skiing.