



Dr. Philippa (Pip) Louise Heritage

March 7, 1968 - March 27, 2020

It is with immense sadness we share the news that our beloved Pip has passed. Pip passed peacefully at Emmanuel House Hospice on March 27, 2020 after a 6 month battle with brain cancer. She was surrounded by her 4 daughters and husband at the time of her passing.

Pip was an accomplished scientist and dedicated yogi that brought youthful energy, enthusiasm, and positivity to everything she did. She will be remembered for different things by her large and loving group of friends and family. She loved music, to dance, laugh, make pies and celebrate holidays and life's moments with her family.

Pip loved to share her knowledge and spent many years teaching at McMaster, Canadian Naturopathic College, and in her roles as technology advisor and policy analyst with the federal government. More recently she loved to share her passion for yoga with others and leading yin, restorative and hatha practices at Del La Sol yoga studio. Her particular passion was to make yoga accessible for everyone, regardless of age or physical abilities, with a focus on mindful movement.

She will be deeply missed by her daughters; Zoe and Sam, stepdaughters; Julie and Laura, husband; Tim, brother and sister-in-law Steve and Maddie, her father Keith and step-mother Shirley and son-in-law Colin. A celebration of life will be held at a future date.

Comments



“ It is just now I am learning of this passing... And I am gutted... Pip opened a part of me I had forgotten, and I for one will not ever forget her or find the words to praise her gifts.

The heavens are a better place with her...

Know you are loved, now and always sweet Pips... Namaste

Alana LovesPurple - May 27 at 03:26 PM



“ Pip was full of vibrant energy! The lighting of a candle represents her everlasting light that will shine on within the hearts of all she touched. Sending healing & loving thoughts to all (Tim, Zoe, Sam, Julie, Laura, Keith, Shirley, Steven & Maddie) and to your extended family and friends. Namaste Philippa Louise Heritage.

kim lazier - April 25 at 08:00 AM



“ I had not known Pip long, but her light, beauty and love of teaching yoga, I took to her right away. Her gentle soul inspired me. She was one of the first that took the time with an overweight, older woman who so wanted to learn and experience the serenity and joy of yoga. My deepest condolences to her family and close friends. May her light forever shine in us all.

Nancy Kolenski - April 20 at 04:05 PM



“ Kim Lazier lit a candle in memory of Dr. Philippa (Pip) Louise Heritage



Kim Lazier - April 16 at 01:03 PM



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Heritage.

kim lazier - April 25 at 07:53 AM



“ I am shocked by this news. Loved seeing Pip's posts and videos on FB over the past few years as we had reconnected. She was always so passionate about everything she did even back to when we were great friends in high school. I am deeply saddened to hear of her passing. My most sincere condolences to Pip's entire family.

Roger Lowe - April 16 at 09:20 AM



“ I am so sorry to hear of this...I haven't seen Pip in years. My Mom is June Wright and she played tennis with her mother Jean, and was her dear friend. Pip sounds like she was quite accomplished and doing great things with her life, career and family. My condolences to your family..Linley Wright Campbell

Linley Campbell - April 16 at 09:03 AM



“ Dear Tim and family, it is with great sadness to hear of such tragic news. I have only known Tim for about a year now, but it didn't take long to realize how important family is to him and just what living life truly means. It really breaks my heart, I'm so sorry for your loss and I would like to wish each and everyone in your family my deepest condolences and prayers. Jonas Zelisko and family

Jonas Zelisko - April 07 at 10:33 PM



“ We never really know what we can do, Tim and all family members I sincerely want to offer my condolences. I do not know what prayers can help in these times, but I'll try what I know. This is never easy and nobody can say the right thing other than to say: I am, we are there with you all.
Roland

Roland Junk - April 06 at 04:36 PM



“ Dear Tim and family, Please accept my sincere condolences and prayers for you to bear this huge loss! The entire Rittal family is with you in spirit and faith, and offer you our whole-hearted support! Best always, Sandra and family

Sandra - April 06 at 03:55 PM



“ Sandra lit a candle in memory of Dr. Philippa (Pip) Louise Heritage



Sandra - April 06 at 03:52 PM



“ 1 file added to the album Memories Album



Shirley Fox - April 04 at 12:23 PM



“ Tim, girls and family. I first met Pip when she was a graduate student under the guidance of Dr. Mark McDermott at McMaster University. She was so full of spunk and was a joy to be around. She loved a challenge and made it happen. Her love of life made anyone she was around feel happy .

My deepest condolences. RIP my friend

Loretta Evans - April 04 at 12:05 PM