

Yoga for Healthy Aging

Build core stability and balance in a fun, challenging, mixed -levels class.

Back Care Yoga

Relieve the symptoms of low back pain, neck strain, osteoporosis, arthritis and sciatica.

Gentle Hatha

A great class for those who enjoy a slower pace, beginners or those with health concerns.

Gentle Strength

A mindful class for strength from pelvic floor to core, while gently building stability.

Hips & Shoulders

Gently strengthen and nourish the hips and shoulders while focusing on alignment.

Meditative Yoga

Yoga to nourish the body. Guided breath & meditation to calm and focus the mind.

Yoga for Bone Health

Build bone density, core strength and balance (suitable for osteopenia and osteoporosis).

Slow Flow

Challenge yourself & improve core strength, mobility & postural alignment.

Tensegrity Repair Series

A gentle series to heal injuries, release fascia and strengthen the core muscles.

Yoga for Sleep

All poses are supported and accessible to anyone. This is a deeply restful class.

Yoga/ Pilates at the Barre

An active class set to music incorporating classical ballet barre, pilates and yoga.

Yoga for Arthritis

Gentle, nourishing movements build muscular strength and stability in all joints of the body.

Upcoming Pre-Registered Classes

Chair Yoga with Regina Pfeifer

Thursdays 1:30-2:30pm

\$140 for 10 weeks or \$16 drop-in
(drop-ins welcome)

Pelvic Health for Women

with Regina Pfeifer

Thursdays 3:00-4:15pm, Mar 7-28

\$75 for 4 classes
(pre-registration required)

Yoga Fit with Janice Arnot

Mondays 3:30-4:45pm

\$15 drop-in or \$140 for 10 classes
(drop-ins welcome)

Restorative Flow

with Janice Arnot

Fridays 2:45-4:00pm

\$15 drop-in or \$140 for 10 classes
(drop-ins welcome)

Mindful Movement for Women: A 6-week Trauma Sensitive Series

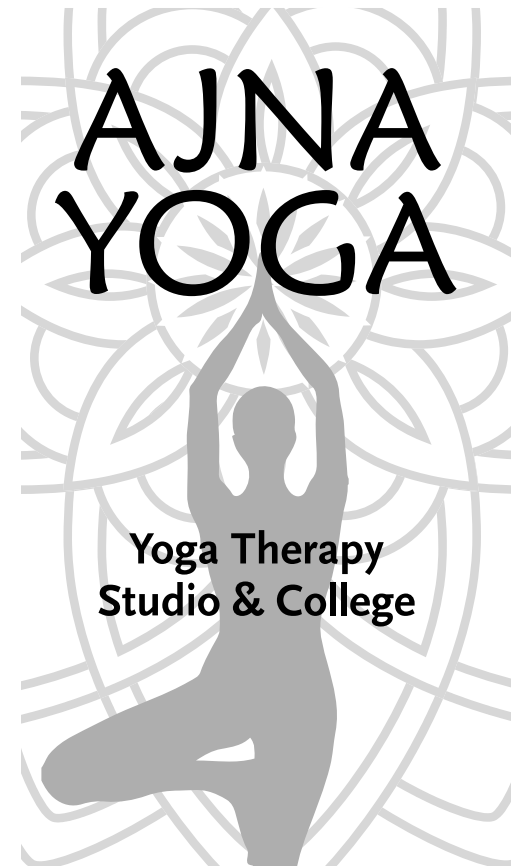
with Sarah Holmes de Castro

Wednesdays 5:30-6:45pm, April 3-May 8

\$132 new students/ \$108 returning students
(pre-registration required)

Contact us with any questions

michelle@ajnayoga.ca



209 - 2250 Oak Bay Avenue
(at Monterey Ave, behind the Oaks Restaurant)

250-812-8355
www.AjnaYoga.ca

March 2019 Drop– In Schedule

All classes are offered on a drop-in basis. 1st class is free for residents! Register online www.ajnayoga.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teacher Training All Day	9-10.05am Gentle Strength Sarah N./ Erin	9-10.05am Tensegrity Michelle	9-10.05am Gentle Strength Nina	9-10.10am Hips & Shoulders Michelle	9-10.05am Gentle Hatha Sarah H.	Teacher Training All Day
	10.30 -11.45am Gentle Hatha Michelle	10.30 -11.45am Yoga for Healthy Aging Jules	10.30 -11.45am Yoga for Bone Health Agi	10.30 -11.45am Meditative Yoga Michelle	10.30 - 11.45am Yoga for Healthy Aging Jules	
	12.10-1.10pm Backcare Yoga Jules	12.10-1.10pm Hips, Neck & Shoulders Jules	12.10-1.10pm Yoga for Arthritis Agi (Starts Mar. 27)	12.10-1.10pm Backcare Yoga Jules	12.10-1.10pm Backcare Yoga Sarah N./ Regina	
	1.30 - 2.45pm Yoga for Bone Health Agi	1.30 - 2.45pm Yoga/ Pilates at the Barre Nina	3:00-4:15 Healthy Aging Level 2 Laura			
	5.30-6.45pm Slow Flow Guy					
	7:15-8:15pm Muge Zen Meditation (by Donation)		7.15–8.45 pm Yoga for Sleep Tanya Gita			

Membership Options for Studio Classes

Drop-in class: **\$16**

10-Class Pass: **\$150** (\$15 per class)

New Members 30 Day unlimited: **\$60**

Clients age 60+: 30 Day unlimited: **\$85**

30 Day unlimited: **\$90**

180 Day unlimited membership: **\$460**