

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 for Arthritis

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

Upcoming Teacher Training

240 hour (RYT-200)

Summer Immersion

July 30– Aug 25 (Tuesday – Saturday)

Fall 12- week Program

September 17- December 7

Upcoming Yoga Therapy Modules (Open to all RYT-200 teachers)

Journey Through the Chakras

June 7-9

Yoga, Psychology and the Mind

June 18-26

Yoga Therapy Immersion

July 2-12

Backcare Yoga Therapy

September 6-8

Yoga Therapy for Wrists and Shoulders

September 13-15

Contact us with any questions

michelle@ajnayoga.ca

**AJNA
YOGA**

**Yoga Therapy
Studio & College**

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

250-812-8355
www.AjnaYoga.ca

June 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 Erin	9-10.05am Tensegrity Michelle	9-10.05am Gentle Strength Nina	9-10.10am Hips & Shoulders Michelle	9-10.05am Gentle Hatha Sarah	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	12.10-1.10pm Backcare Yoga Jules	12.10-1.10pm Backcare Yoga Regina	
	1.30 - 2.45pm Yoga for Bone Health Agi (last class until Sept, June 17)		3:00-4:15 Healthy Aging Level 2 Laura (last class until Sept, June 12)			
	5.30-6.45pm Slow Flow Guy (last class until Sept, June 17)					
	7:15-8:15pm Muge Zen Meditation (by Donation) Last class June 10		7.15–8.45 pm Yoga for Sleep Tanya Gita (last class until Sept June 12)			

Membership Options for Studio Classes

Summer Special! \$245 for June, July and August

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**