

### **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 practice to gently build strength and stability, focusing on core muscle groups in coordination with the breath.

### **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.

## **Pre-Registered Classes**

### **Pelvic Health for Women**

**With Regina Pfeifer**

Thursdays 3:00-4:15pm Sept 17-Oct 22  
\$112 (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)

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## **Studio Workshops**

### **Marketing with Heart-**

**For Yoga Teachers**

Sept 28, 9am-5pm

### **SOAP Notes**

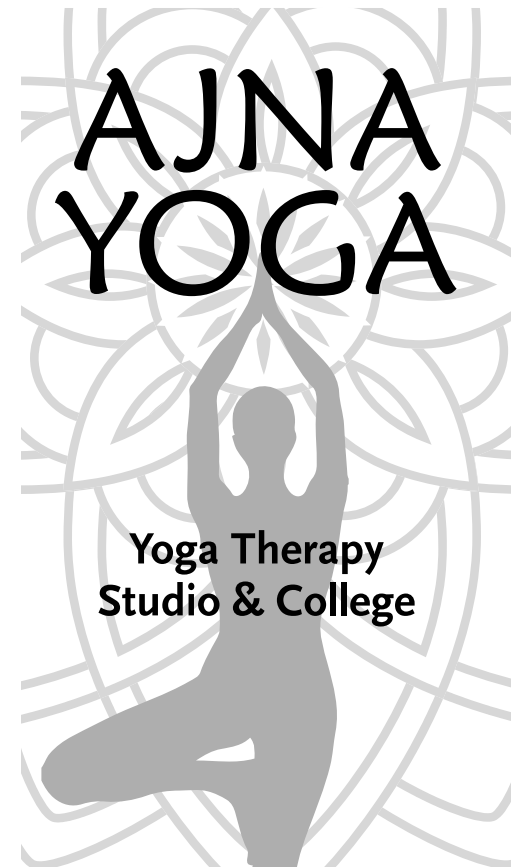
Oct 5, 1-5pm

### **Hips & Shoulders**

Oct 19, 1-5pm

Contact us with any questions

[michelle@ajnayoga.ca](mailto:michelle@ajnayoga.ca)



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

250-812-8355  
[www.AjnaYoga.ca](http://www.AjnaYoga.ca)

## September 2019 Drop– In Schedule

All classes are offered on a drop-in basis. 1<sup>st</sup> class is free for residents! Register online [www.ajnayoga.ca](http://www.ajnayoga.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Teacher Training</b>	9-10.05am <b>Gentle Strength</b> Erin	9-10.05am <b>Tensegrity</b> Michelle	9-10.05am <b>Gentle Strength</b> Regina	9-10.10am <b>Hips &amp; Shoulders</b> Michelle	9-10.05am <b>Gentle Hatha</b> Sarah	<b>Teacher Training</b>
	10.30 -11.45am <b>Gentle Hatha</b> Michelle	10.30 -11.45am <b>Yoga for Healthy Aging</b> Jules	10.30 -11.45am <b>Yoga for Bone Health</b> Agi	10.30 -11.45am <b>Meditative Yoga</b> Michelle	10.30 - 11.45am <b>Yoga for Healthy Aging</b> Jules	
	12.10-1.10pm <b>Backcare Yoga</b> Jules	12.10-1.10pm <b>Hips, Neck &amp; Shoulders</b> Jules		12.10-1.10pm <b>Backcare Yoga</b> Jules	12.10-1.10pm <b>Backcare Yoga</b> Regina	
	1.30 - 2.45pm <b>Yoga for Bone Health</b> Agi		3:00-4:15 <b>Healthy Aging Level 2</b> Laura			
	5.30-6.45pm <b>Slow Flow</b> Guy		7.15–8.45 pm <b>Yoga for Sleep</b> Tanya Gita			

### Membership Options for Studio Classes

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

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

New Members 30 Day unlimited: **\$70**

Clients age 60+: 30 Day unlimited: **\$90**

30 Day unlimited: **\$100**

180 Day unlimited membership: **\$499**