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

Falling Essentials
With Elena Henwood
Tuesdays 1:30-2:30pm Jan 21-Feb 25
$180 (pre-registration required)

Bone Health Clinic Bi-Weekly classes
With Agi Mallory
Wednesdays 12:30-1:30pm Jan 8-Apr 1
Fridays 1:30-2:30pm Jan 10-Mar 27
$120 (pre-registration required)

Yoga Fit with Janice Arnot
Mondays ongoing 3:30-4:45pm
$15 drop-in or $140 for 10 classes
(drop-ins welcome)

Restorative Flow with Janice Arnot
Fridays ongoing 2:45-4:00pm
$15 drop-in or $140 for 10 classes
(drop-ins welcome)

Studio Workshops

Awakening to True Self: Connecting Sacred Sound and Breath with Gita and Sharon
Nov 7, 1-4pm, $60

Joint Therapeutics with Agi Mallory
Thursdays, 1:45-3:15, Jan 16-Feb 20
$25 each or $120 for the full series

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

250-812-8355
www.AjnaYoga.ca
**December 2019 Drop–In Schedule -**

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

*Note: We are closed for Winter Holidays December 14-January 2*

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**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