

### **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.

## **Pre-Registered Classes**

### **Movement and Stillness: A 6-week Series for Chronic Pain with Sarah Holmes de Castro**

Wednesdays April 1-May 6, 5:30-6:45pm  
\$132, or \$108 for returning students  
Pre-reg required

### **Bone Health Clinic with Agi Mallory**

Wednesday group: April 15-June 24  
Friday group: April 24-July 3  
Select dates, 1:30-2:30pm  
\$120 for 6 sessions  
Pre-reg required

### **Yoga Fit with Janice Arnot**

Mondays ongoing 3:30-4:45pm  
\$15 drop-in or \$140 for 10 classes

### **Restorative Flow with Janice Arnot**

Fridays ongoing 2:45-4:00pm  
\$15 drop-in or \$140 for 10 classes

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Contact [michelle@ajnayoga.ca](mailto:michelle@ajnayoga.ca)  
or call 250-812-8355 for more information



**AJNA  
YOGA**

**Yoga Therapy  
Studio & College**

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

**250-812-8355**  
**www.AjnaYoga.ca**

## March Drop – In Schedule

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Teacher Training</b>	9:00-10:05am <b>Gentle Strength</b> Erin	9:00-10:05am <b>Tensegrity</b> Michelle	9:00-10:05am <b>Gentle Strength</b> Regina	9:00-10:10am <b>Hips &amp; Shoulders</b> Michelle	9:00-10:05am <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	
	5:30-6:45pm <b>Slow Flow</b> Guy		3:00-4:15 <b>Healthy Aging Level 2</b> Laura			

### Membership Options for Studio Classes

Drop-in class: **\$18**

5-Class Membership: **\$80**

10-Class Pass: **\$150**

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

30-Day unlimited: **\$100**

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

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