

## Signing up for Classes

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### In Studio Classes

You must book ahead of time for studio classes – there are no drop-ins. You can sign up online or call / email to book a spot. Please note that we only have 7 in-person spots available for studio classes, and they will likely book up quickly.

Studio guidelines are posted online and in the studio. Please bring a mask, mat and props – there will be no shared props at the studio available for client use.

### Online Classes

Make sure to book the class with 'online' in the title. A zoom meeting link will be sent to your email before the class begins. Please download the zoom app before class. The class will open 15 minutes before the start and you need to be logged in **at least 5 minutes** before the start, so that the instructor can take attendance.

You will receive a recording of the class that you can re-watch for 3 days.

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

## Online 240-Hour Yoga Teacher Training (RYT-200)

Next session:  
September 22- December 10, 2020

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## Our Yoga Therapy Training is Online!

### Yoga, Trauma & Mental Health

*Nicole Marcia*  
September 11, 13 & 19

### Yoga Therapy for Hips & Knees

*Jules Payne & Agi Mallory*  
September 25-27

### Yoga Therapy in Pain Care

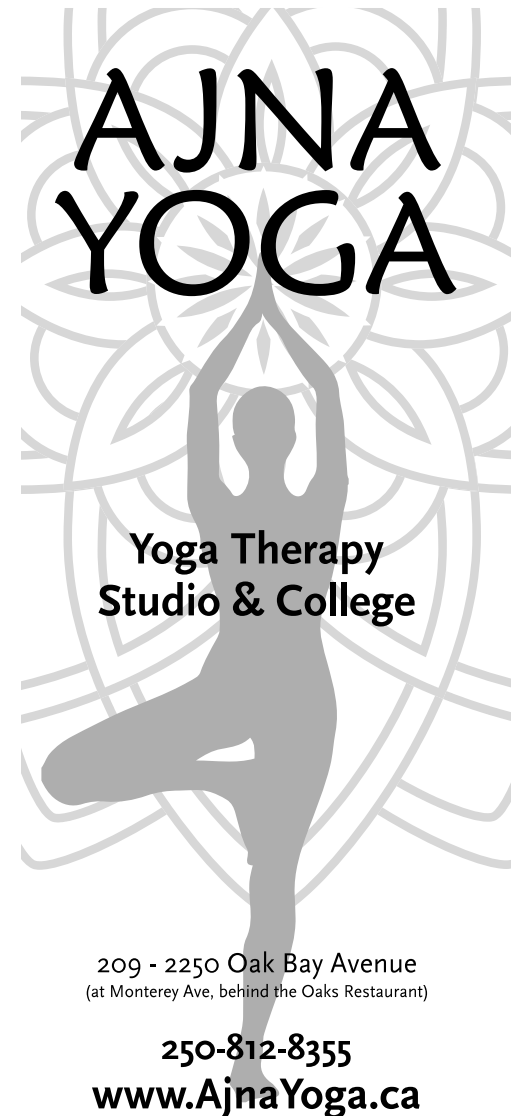
*Shelly Prosko*  
October 2-4

### Pre and Post Natal Yoga

*Annie Martinello*  
October 16-18

### Tensegrity Level 2

*Michelle Schroeder*  
October 23-25



**AJNA  
YOGA**

**Yoga Therapy  
Studio & College**

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

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

## September Class Schedule (Classes begin September 8)

All classes are offered both in-person and online. *You must register ahead of time for in-person classes – no drop in to the studio*

Online classes are \$15 each. In person spots are \$20 each. There are 7 in-person spots per class.

Register online [www.ajnayoga.ca](http://www.ajnayoga.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-10:15am <b>Tensegrity</b> Michelle <i>Heal injuries and release fascia.</i>		9:00-10:15am <b>Hips &amp; Shoulders</b> Michelle <i>Nourish the hips and shoulders.</i>		
	10:30am-11:45am <b>Hatha Strength</b> Michelle <i>A mindful practice to gently build strength.</i>		10:30am-11:45am <b>Bone Health</b> Agi <i>Build bone density for osteopenia and osteoporosis.</i>		10:30am- 11:45am <b>Healthy Aging</b> Jules <i>Build core stability and balance.</i>	
10:30 -11:45am <b>Meditative Hatha</b> Sam <i>Yoga to release the body. Guided breath and meditation to calm the mind.</i>		12:00-1:05pm <b>Backcare Yoga</b> Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>		12:00-1:05pm <b>Backcare Yoga</b> Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>		
	3:30-4:45pm <b>Strength &amp; Balance</b> Janice <i>A blend of seated and standing strength training.</i>		3:00-4:15pm <b>Healthy Aging 2</b> Laura <i>Advance balance and strength.</i>		2:45-4:00pm <b>Restorative Flow</b> Janice <i>Stretch and mobilize the joints. (no class Sept 11)</i>	
	5:30-6:45pm <b>Slow Flow</b> Guy <i>Challenge yourself &amp; improve postural alignment.</i>					