

## 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 5 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

## Yoga Therapy Training is all Online!

### Restorative Yoga

Jules Payne/ Tanya Gita Roberts  
January 8-10, 2021

### Yoga Therapy for Wrists & Shoulders

Michelle Schroeder/ Lindsay Campa  
January 15-17, 2021

### Back Care Yoga

Jules Payne/ Regina Pfeifer  
January 22-24, 2021

### Philosophy of Yoga Therapy

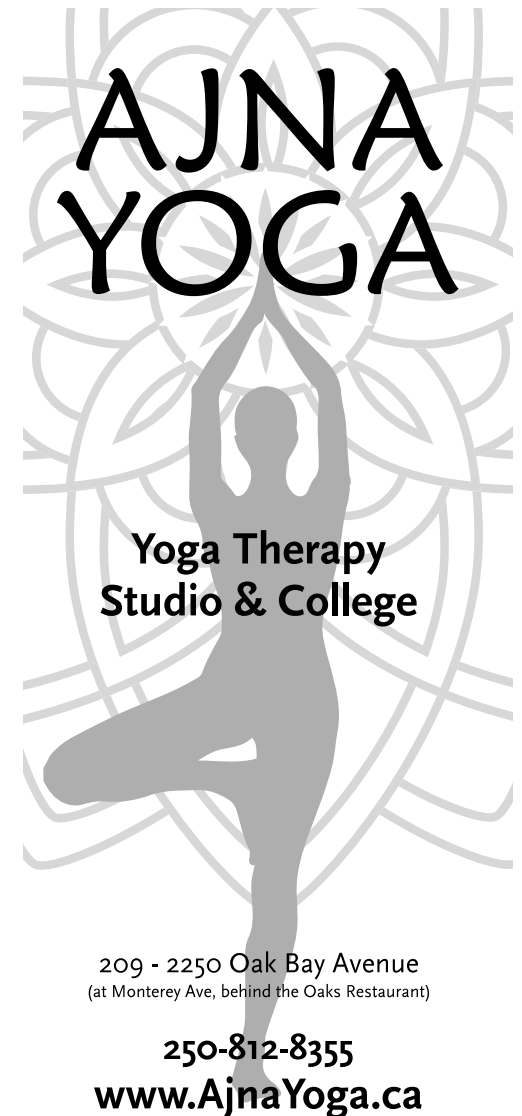
Michelle Schroeder/ Kaya Mindlin  
January 29-31, 2021

### Yoga Therapy for Hips & Knees

Jules Payne/ Agi Mallory  
February 5-7, 2021

### Yoga Trauma & Mental Health

Nicole Marcia  
February 12-14, 2021



## January 2021 Class Schedule

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 5 in-person spots per class.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45-9:30am <b>Bone Health Clinic</b> Agi <i>Learn 36 poses to build bone density.</i>	9:00-10:15am <b>Tensegrity</b> Michelle <i>Cultivate pelvic stability, core and fascia release</i>		9:00-10:15am <b>Hips &amp; Shoulders</b> Michelle <i>Nourish the hips and shoulders.</i>		
	10:30am-11:45am <b>Yoga for Mind &amp; Body</b> Michelle <i>Yoga for stress, anxiety and depression.</i>		10:30am-11:45am <b>Steadiness &amp; Ease</b> Agi <i>Suitable for anyone. Learn functional movement practices.</i>		10:30am- 11:45am <b>Healthy Aging</b> Jules <i>Build core stability and balance.</i>	
	3:30-4:45pm <b>Strength &amp; Balance</b> Janice <i>A blend of seated and standing strength training.</i>	12:00-1:05pm <b>Backcare Yoga</b> Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>	3:00-4:15pm <b>Healthy Aging 2</b> Laura <i>Advance balance and strength.</i>	12:00-1:05pm <b>Backcare Yoga</b> Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>	2:45-4:00pm <b>Restorative Flow</b> Janice <i>Stretch and mobilize the joints.</i>	
				1:45-3:00pm <b>Rest and Restore</b> Agi <i>Long-held supported poses, followed by a guided relaxation.</i>		