

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 \$180

Tuesdays 1:30-2:30pm Jan 21-Feb 25

All About Yin: A 6-week series

With Nyk Danu \$108

Sundays 6:00-7:30pm Jan 5-Feb 9

Mindful Movement for Women

with Sarah Holmes de Castro

Wednesdays 5:30-6:45, Jan 22-Feb 26

\$132 or \$108 for returning students

Bone Health Clinic Bi-Weekly classes

With Agi Mallory \$120

Wednesdays 12:30-1:30pm Jan 8-Apr 1

Fridays 1:30-2:30pm Jan 10-Mar 27

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

Studio Workshops

Marketing with Heart for Yoga Teachers

with Nyk Danu

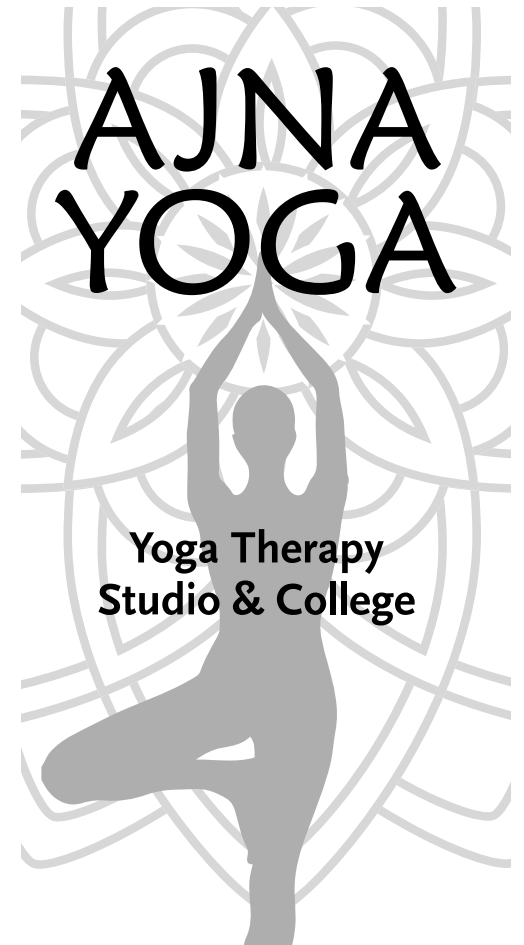
Friday, Jan 24 5-9pm &

Saturday, Jan 25 10am-5pm, \$225

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

January 2019 Drop – In Schedule

All classes are offered on a drop-in basis. 1st class is free for residents! Register online www.ajnayoga.ca

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

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

Membership Options for Studio Classes

Drop-in class: **\$17**
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**