

Signing up for Classes

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
or call 250-812-8355 for more information

Our Yoga Therapy Training is Online!

The Nectar of Yoga Nidra

Kaya Mindlin

Weekly sessions November 5-28, 2020

Thursday's 6:30-7:00pm

Saturday's 10am-12pm

Yin Yoga Therapy Level 1

Nyk Danu

November 13-15, 2020

Yin Yoga Therapy Level 2

Nyk Danu

December 4-6, 2020

Restorative Yoga

Jules Payne/ Gita Roberts

January 8-10, 2021

Yoga Therapy for Wrists & Shoulders

Michelle Schroeder/ Lindsay Campa

January 15-17, 2021

**AJNA
YOGA**

Yoga Therapy
Studio & College

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

250-812-8355
www.AjnaYoga.ca

November/ December Class Schedule (Dec 11 is the last day of classes)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45-9:30am Bone Health Clinic Agi <i>Learn 36 poses to build bone density</i>	9:00-10:15am Tensegrity Michelle <i>Heal injuries and release fascia.</i>		9:00-10:15am Hips & Shoulders Michelle <i>Nourish the hips and shoulders.</i>		
	10:30am-11:45am Hatha Strength Michelle <i>A mindful practice to gently build strength.</i>		10:30am-11:45am Bone Health Agi <i>Build bone density for osteopenia and osteoporosis.</i>		10:30am- 11:45am Healthy Aging Jules <i>Build core stability and balance.</i>	
	3:30-4:45pm Strength & Balance Janice <i>A blend of seated and standing strength training.</i>	12:00-1:05pm Backcare Yoga Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>	3:00-4:15pm Healthy Aging 2 Laura <i>Advance balance and strength.</i>	12:00-1:05pm Backcare Yoga Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>	2:45-4:00pm Restorative Flow Janice <i>Stretch and mobilize the joints.</i>	