

Signing up for Classes

***all classes are in studio and online**

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.

Studio guidelines are posted online and in the studio. Please bring a mask, mat and props – there are no studio props.

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 7 days.

Contact michelle@ajnayoga.ca
or call 250-812-8355 for more information

Online Joint Therapeutics with Agi Mallory

April 13-May 18

Every Wednesday 1:00-2:30pm

This series of six workshops is aimed at providing knowledge and supporting functional movement in your joints. All levels welcome.

- April 13- Feet and Ankles
- April 20- Knees
- April 27- Hips
- May 4- Shoulders
- May 11- Neck
- May 18- Hands & Wrists

Falling into Practice In-Person Series with Elena Henwood

June 6-20

Every Monday 12:15-1:15pm

Using the Feldenkrais Method, students will learn a strategy for bringing themselves down to the floor and protect their arms and head.

- June 6 - "The Spiral Lesson"
- June 13: - "Rolling from the Back into Side-sitting"
- June 20- "Rolling onto the back with Arm Slap".



**AJNA
YOGA**

**Yoga Therapy
Studio & College**

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

250-812-8355
www.AjnaYoga.ca

May- July 2022 Class Schedule

You must register ahead of time for all classes – no drop in to the studio

Online classes are \$15 each. In person spots are \$20 each. There are 11 in-person spots per class.

Register online www.ajnayoga.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-10:15am Tensegrity Series Michelle <i>Cultivate pelvic stability, core and fascia release</i>	9-10:00am Bone Health Clinic Agi <i>Learn 36 poses to build bone density</i>	9:00-10:15am Hips, Neck & Shoulders Michelle <i>Develop core strength to support these joints.</i>		
	10:30am- 11:45am Healthy Aging Jules <i>Build core stability and balance.</i>		10:30am-11:45am Steadiness & Ease Agi <i>Suitable for anyone. Learn functional movement practices.</i>		10:30am- 11:45am Healthy Aging Laura <i>Build core stability and balance.</i>	
		12:00-1:05pm Backcare Yoga Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>		12:00-1:05pm Backcare Yoga Jules <i>Relieve the symptoms of back pain, arthritis and sciatica.</i>		
				5:00-6:15pm Restorative Flow Janice <i>Stretch and mobilize the joints</i>		