

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.

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

Hybrid Joint Therapeutics with Agi Mallory

October 19-November 23, 2022
Every Wednesday 1:00-4:00pm

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

Participate online or in person.

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

Cost for all 6- \$250
Cost per workshop - \$50


Hybrid Bone Health Workshop

with Agi Mallory

November 30, 2022, 1:00-4:00pm

Learn how yoga can help to improve balance and prevent falls & fractures, and participate in a 90-minute class that focuses on poses and modifications designed to strengthen muscles, improve balance & coordination, and build bone density. Participate online or in person.

Cost of workshop - \$50



**AJNA
YOGA**

**Yoga Therapy
Studio & College**

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

250-812-8355
www.AjnaYoga.ca

Fall 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 12 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 Balance and Fall Prevention Jules <i>Increase balance to reduce the risk of falls using current research techniques.</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> | | |
| | | 5:00-6:30pm Restorative Rest Cedar <i>Rest deeply with supported, long holds</i> | | 5:00-6:15pm Restorative Flow Janice <i>Stretch and mobilize the joints</i> | | |