

## Signing up for Classes

**\*All classes are in studio and online**

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### In Studio Classes

Please 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](mailto:michelle@ajnayoga.ca)  
or call 250-812-8355 for more information

## Yoga Therapy Modules 2023

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**Yoga, Trauma & Mental Health**  
*with Nicole Marcia*  
Jan 6, 8, 13 & 15

**Yoga, Tensegrity & Fascia**  
*with Michelle Schroeder*  
Jan 20-22

**Yoga Therapy for Hips & Knees**  
*with Jules Payne & Agi Mallory*  
Jan 27-29

**Philosophy for Yoga Therapy**  
*with Michelle & Farah*  
Feb 1, 8, 15, 22, March 1 & 8

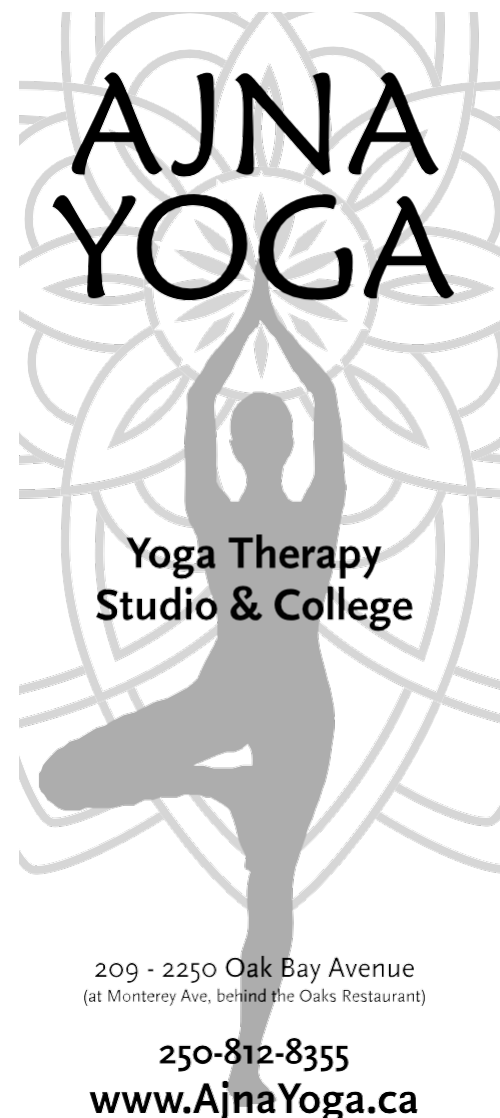
**Yoga Therapy in Pain Care**  
*with Shelly Prosko*  
Feb 3-5

**Backcare Yoga Therapy**  
*with Jules Payne*  
Feb 10-12

**Journey Through the Chakras**  
*with Michelle & Farah*  
Feb 17-19

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



**AJNA  
YOGA**

**Yoga Therapy  
Studio & College**

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

250-812-8355  
[www.AjnaYoga.ca](http://www.AjnaYoga.ca)

## Winter 2023 Class Schedule

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

Online classes are \$15 each. In person spots are \$20 each. There are 14 in-person spots per class.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-10:15am <b>Fascia Release Series</b> Michelle  <i>Hydrate fascia, regulate the nervous system and strengthen the core</i>	9-10:00am <b>Osteo Yoga</b> Agi  <i>Learn 36 poses to build bone density</i>	9:00-10:15am <b>Hips, Neck &amp; Shoulders</b> Michelle  <i>Strengthen &amp; release these areas with ball rolling &amp; core awareness</i>		
	10:30am- 11:45am <b>Balance and Fall Prevention</b> Jules  <i>Increase balance to reduce the risk of falls using current research techniques.</i>		10:30am-11:45am <b>Gentle Yoga</b> Agi  <i>Suitable for anyone. Learn functional movement practices.</i>		10:30am- 11:45am <b>Healthy Aging</b> Laura  <i>Build core stability and balance.</i>	
		12:00-1:05pm <b>Backcare Yoga</b> Jules  <i>Relieve symptoms of back pain, arthritis and sciatica</i>		12:00-1:05pm <b>Backcare Yoga</b> Jules  <i>Relieve symptoms of back pain, arthritis and sciatica</i>		
		5:00-6:30pm <b>Restorative Rest</b> Cedar  <i>Rest deeply with supported, long holds</i>		5:30-6:45pm <b>Restorative Flow</b> Janice  <i>Rest, stretch and mobilize the joints.</i>		