

Signing up for Classes

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

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
or call 250-812-8355 for more information

Yoga Therapy Modules

Pranayama for Yoga Therapy
with Jules Payne & Michelle Schroeder
April 14-16

Yoga, Psychology & the Mind
with Ajna Faculty
April 21-23, 28-30 & May 5-7

The Business of Yoga Therapy
Agi Mallory
May 12-14

Healthy Aging & Chair Yoga
with Ajna Faculty
May 26-28

The Vayus & Alignment
with Jules Payne & Michelle Schroeder
June 2-4

The Therapeutic Relationship
with Nicole Marcia
June 23-25

Yoga Therapy Immersion
with Ajna Faculty
July 7-17

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

Spring/ Summer 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 15 in-person spots per class.

Register online www.ajnayoga.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-10:15am Fascia (Tensegrity) Release Series Michelle <i>Hydrate fascia, regulate the nervous system and strengthen the core</i>	9-10:00am Osteo Yoga Agi <i>Learn 36 poses to build bone density</i>	9:00-10:15am Hips, Neck & Shoulders Michelle <i>Strengthen and release these areas with ball rolling & core awareness</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 Gentle Yoga 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 symptoms of back pain, arthritis and sciatica</i>		12:00-1:05pm Backcare Yoga Jules <i>Relieve symptoms of back pain, arthritis and sciatica</i>		
				5:30-6:45pm Restorative Flow Janice <i>Stretch and mobilize the joints</i>		