

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

Pre-Registered Class

Mindful Movement for Women: A 6-week Trauma-Sensitive Yoga Series

Sarah Holmes de Castro

Tuesdays, 6:30-7:45pm

Sept 26, Oct 3, 10, 17, 24, Nov 7

Sliding scale: \$108-\$150

(In Person) Studio Workshops

Yoga for Bone Health Workshop

Agi Mallory

Monday, September 25

1-5pm, \$70

Deepen Your Practice I: Journey Through the Koshas

Agi Mallory

Monday, October 16

1-4pm, \$60

Deepen Your Practice II : Journey Through the Chakras

Agi Mallory

Monday, October 30

1-4pm, \$60

Deepen Your Practice III: Journey Through the Kleshas

Agi Mallory

Monday, November 13

1-4pm, \$60

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

Fall 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 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 & release these areas of the body with 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>	12:00-1:05pm Backcare Yoga Jules <i>Relieve symptoms of back pain, arthritis and sciatica</i>	10:30am-11:45am Gentle Yoga Agi <i>Suitable for anyone. Learn functional movement practices.</i>	12:00-1:05pm Backcare Yoga Jules <i>Relieve symptoms of back pain, arthritis and sciatica</i>	10:30am- 11:45am Healthy Aging Laura <i>Build core stability and balance.</i>	
		2:00-3:15pm Healthy Aging Jules <i>Build core stability and balance.</i>				