

## Signing up for Classes

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

### In Studio Classes

Drop-Ins welcome as space permits  
(class sizes limited to 15).

To ensure your spot register in advance online  
at [ajnayoga.ca/yogaclasses](http://ajnayoga.ca/yogaclasses)  
or call 250-812-8355/  
email [michelle@ajnayoga.ca](mailto:michelle@ajnayoga.ca)

### 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

## Annual Retreat

Join Michelle and Jules, owners of Ajna Yoga,  
for a 5-day, 4-night retreat at Stowel Lake Farm  
on Salt Spring Island, September 19-23, 2024.

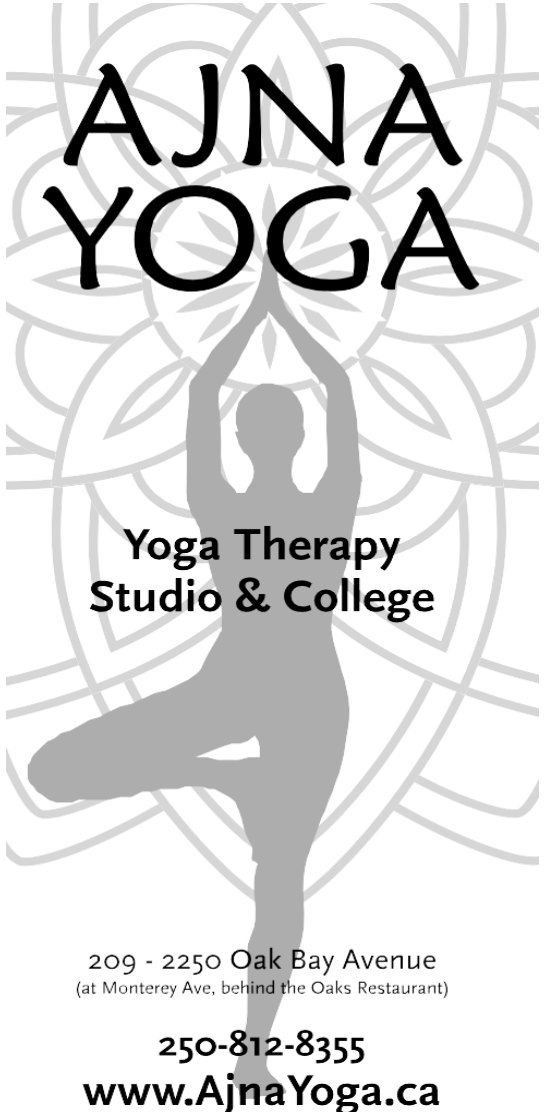
This retreat is open to everybody  
with all levels of yoga practice.  
Friends and family members welcome.

Deluxe Shared room- \$1,715 per person  
Private room- \$1,770 per person  
Shared room- \$1,615 per person  
Camping: \$1,240 per person  
Commuter (no room): \$760 per person

- **Sample Daily Schedule**
- 7:45-8:15am: Pranayama/ meditation
- 8:30am: Breakfast
- Mid morning Free time
- 11:00am-12:15pm: Gentle therapeutic yoga
- 12:30: Lunch
- Afternoon free time
- 4:00-5:30pm: Gentle therapeutic yoga
- 6:00pm: Dinner
- 8:00-9:00pm: Restorative Yoga

Our motto is, "Do as much or as little as you like!"

Visit [www.ajnayoga.ca](http://www.ajnayoga.ca) or  
email [michelle@ajnayoga.ca](mailto:michelle@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**

## 2024 Drop-in Class Schedule

Drop-Ins welcome as space permits (class sizes limited to 15).  
 To ensure your spot register in advance online at [ajnayoga.ca/yogaclasses](http://ajnayoga.ca/yogaclasses) or call 250-812-8355  
 Online classes are \$15 each. In person spots are \$20 each.

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> Linda <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 of the body with 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 Healthy Aging</b> Rena <i>Gentle movements to nourish joints &amp; fascia.</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>		