

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
or call 250-812-8355/
email 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
or call 250-812-8355 for more information

Pre-Registered Classes

Yoga for Moms

This 6-week series is dedicated to finding community,
flow and joy and release while navigating life as a mom.
In-person only.

Instructor: Danielle Pope

Time: Sundays 6:00-7:30pm

Dates: Oct 20-Dec 4

Investment: \$08; supportive rate available.

Mindful Movement for Women:

A 6-week Trauma Sensitive Series

Trauma Center Trauma Sensitive Yoga (TCTSY)
is a somatic modality that has been proven as an
effective adjunctive treatment for psychological trauma.
Join online or in person.

Instructor: Sarah Holmes de Castro

Time: Tuesdays 6:30-7:45pm

Dates: Sept 24-Oct 29, 2024

Sliding scale: \$108-\$150

Love your Knees: A 4-week yoga therapy series


If you have knee pain, you are not alone. Learn a
simple home practice to keep your knees moving
smoothly! Practice can be done seated in a chair.
Join online or in person. Available for CEC credits.

Instructor: Jules Payne

Time: Wednesdays, 10:30am-noon

Dates: October 2-30

Investment: \$96; supportive rate available.



**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 Class Schedule

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

To ensure your spot register in advance online at ajnayoga.ca/yoga/classes or call 250-812-8355

Online classes are \$15 each. In person spots are \$20 each.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00-7:30pm *Pre-registered* Yoga for Moms Danielle Oct 20-Dec 4		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 Linda <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</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-noon *Pre-registered* Love Your Knees: A 4-week Yoga Therapy Series Jules October 2-30	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>		
		6:30-7:45pm *Pre-registered* Mindful Movement for Women: A 6-week Pre-registered Series Sarah Sept 24-Oct 29					