
Signing up for Classes

***all Drop-in classes are available both**

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.

You will receive a recording of the class
that you can re-watch for 7 days.

Pre-Registered Classes

Mindful Movement for Women: 6-weeks

Instructor: Sarah Holmes de Castro

Time: Tuesdays 6:30-7:45pm

Dates: Jan 6- Feb 10

Sliding Scale: \$108-144 (Online and In Person)

Yoga for Scoliosis: 7-weeks

Instructor: Kathryn Kusyszyn

Time: Tuesdays, 4:00-5:15pm

Dates: Jan 6- Feb 17

Investment: \$160 (Online and In-person)

All Levels Hatha Flow: 6-weeks

Instructor: RaRa McElroy

Time: Thursdays, 5:00-6:15pm

Dates: Jan 22-Feb 26

Investment: \$120 (In-Person Only)

Chair Yoga for Strength & Balance: 6 weeks

Instructor: Janice Arnot

Time: Mondays, 9:00-10:00am

Dates: Jan 12- Feb 23 (no class Feb 16)

Investment: \$120 (Online and In-person)

Yoga for Moms(& Non-Binary Parents):6-weeks

Instructor: Danielle Pope

Time: Sundays, 6:00-7:30pm

Dates: Jan 25- Mar 8 (no class Feb 15)

Investment: \$108 (In Person Only)

Happy Hips: 5-weeks

Instructor: Jules Payne

Time: Wednesdays 12:30-2:00pm

Dates: Jan 28-Feb 25

Investment: \$120 (Online and In-person)



Yoga Therapy Studio
& Accredited College

2026 Schedule



250-812-8355

www.AjnaYoga.ca

209-2250 Oak Bay Ave

(On Monterey Ave, Behind the Oaks Restaurant)

2026 Class Schedule

Drop-Ins welcome as space permits (class sizes limited to 15).
 To ensure your spot register advance online at ajnayoga.ca/yogaclasses or call 250-812-8355
 In-person spots: \$25. Online spots: \$20 each. Class recordings are available for 7 days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	9:00-10:00am *Pre-registered* Chair Yoga Janice Jan 5-Feb 17 (no class Feb 16)	9:00-10:15am Fascia Release Michelle <i>Hydrate fascia and build core strength</i>	9:00-10:00am Osteo & Strength Linda <i>Build bone density, strength & balance</i>	9:00-10:15am Hips Neck & Shoulders Michelle <i>Strengthen & release those areas of the body.</i>	10:30-11:45am Healthy Aging Laura <i>Build core stability and balance.</i>	
	10:30am-11:45am Balance & Fall Prevention Jules <i>Increase balance to reduce fall risk.</i>	10:40-11:45am Strength & Stability Jules <i>Resistance bands, weights and yoga.</i>	10:30-11:45am Mindful Flow Michelle <i>Nourishing flows paired with breath</i>			
		12:05-1:10pm Backcare Yoga Jules <i>Relieve back pain</i>	12:30-2:00pm *Pre-registered* Happy Hips Jules Jan 28-Feb 25	12:05-1:10pm Backcare Yoga Jules <i>Relieve back pain</i>		
		4:00-5:15pm *Pre-registered* Yoga for Scoliosis Kathryn Jan 5-Feb 17		5:00-6:15pm *Pre-registered* All Levels Hatha Flow RaRa Jan 22-Feb 26		
6:00-7:30pm (In-Person Only) * Pre-registered * Yoga for Moms (& Non-Binary Parents) Danielle Jan 25-Mar 8 (no class Feb 15)		6:30-7:45pm *Pre-registered* Mindful Movement for Women Sarah Jan 6-Feb 10				