

## 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](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.

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

## Pre-Registered Classes

### All Levels Hatha Flow: 6-weeks

*Instructor:* RaRa McElroy  
*Time:* Thursdays, 5:00-6:15pm  
*Dates:* Jan 22-Feb 26 & March 5-April 9  
*Investment:* \$120, or Drop-In \$25

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

*Instructor:* Danielle Pope  
*Time:* Sundays, 6:00-7:30pm  
*Dates:* February 22-March 29  
*Investment:* \$108 (In Person Only)

### Yoga for Scoliosis: 6-weeks

*Instructor:* Kathryn Kusyszyn  
*Time:* Tuesdays, 4:00-5:15pm  
*Dates:* February 24-March 17  
*Investment:* \$160 (Online and In-person)

### Pelvic Health: 6 weeks

*Instructor:* Tamara Cleaver  
*Time:* Wednesdays, 6:00-7:15pm  
*Dates:* March 4-April 8  
*Investment:* \$144 (In-person)

### Mindful Movement for Women: 6-weeks

*Instructor:* Sarah Holmes de Castro  
*Time:* Tuesdays 6:30-7:45pm  
*Dates:* March 31-May 12  
*Sliding Scale:* \$108-144 (Online and In Person)



**Yoga Therapy Studio  
& Accredited College**

## 2026 Schedule



**250-812-8355**

**[www.AjnaYoga.ca](http://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](http://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
		<p>9:00-10:15am  <b>Fascia Release</b>          Michelle  <i>Hydrate fascia and build core strength</i></p>	<p>9:00-10:00am  <b>Osteo &amp; Strength</b>          Linda  <i>Build bone density, strength &amp; balance</i></p>	<p>9:00-10:15am  <b>Hips Neck &amp; Shoulders</b>          Michelle  <i>Strengthen &amp; release those areas of the body.</i></p>		
	<p>10:30am-11:45am  <b>Balance &amp; Fall Prevention</b>          Jules  <i>Increase balance to reduce fall risk.</i></p>	<p>10:40-11:45am  <b>Strength &amp; Stability</b>          Jules  <i>Resistance bands, weights and yoga.</i></p>	<p>10:30-11:45am  <b>Mindful Flow</b>          Michelle  <i>Nourishing flows paired with breath</i></p>		<p>10:30-11:45am  <b>Healthy Aging</b>          Laura  <i>Build core stability and balance.</i></p>	
		<p>12:05-1:10pm  <b>Backcare Yoga</b>          Jules  <i>Relieve back pain</i></p>	<p>12:30-2:00pm  <b>*Pre-registered*</b>          Happy Hips          Jules          Jan 28-Feb 25</p>	<p>12:05-1:10pm  <b>Backcare Yoga</b>          Jules  <i>Relieve back pain</i></p>		
		<p>4:00-5:15pm  <b>*Pre-registered*</b>  <b>Yoga for Scoliosis</b>          Kathryn          February 24-March 17</p>			<p>5:00-6:15pm  <b>*Pre-registered &amp; Drop In*</b>  <b>All Levels Hatha Flow</b>          RaRa          Jan 22-Feb 26          March 5-April 9</p>	
<p>6:00-7:30pm  <b>(In-Person Only)</b>  <b>* Pre-registered *</b>  <b>Yoga for Moms (&amp; Non-Binary Parents)</b>          Danielle          Feb 22-March 29</p>		<p>6:30-7:45pm  <b>*Pre-registered*</b>  <b>Mindful Movement for Women</b>          Sarah          March 31- May 12</p>	<p>6:00-7:15pm  <b>*Pre-registered*</b>  <b>Pelvic Floor Yoga</b>          Tamara          March 4- April 8</p>			