
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

All Levels Hatha Flow: 6-weeks

Instructor: RaRa McElroy

Time: Thursdays, 5:30-6:45pm

Dates: April 16-May 21

Investment: \$120, or Drop-In \$25

Mindful Movement for Women: 6-weeks

Instructor: Sarah Holmes de Castro

Time: Tuesdays 6:30-7:45pm

Dates: May 19-June 23

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

Yoga for Scoliosis: 6-weeks

Instructor: Kathryn Kusyszyn

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

Dates: April 21- May 26 & June 2- July 7

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

TCTSY Foundational Training

Instructor: Sarah Holmes de Castro

Time: Fri 4-8pm, Sat 9:30am-5pm, Sun 9am-3:30pm

Dates: June 12-14

Investment: \$475 (Online)



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
		9:00-10:15am 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>		
	10:30am-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 Yoga for Stress Relief Michelle <i>Mindfulness to release muscle tension & calm the nervous system</i>		10:30-11:45am Healthy Aging Laura <i>Build core stability and balance.</i>	
		12:05-1:10pm Backcare Yoga Jules <i>Relieve back pain</i>		12:05-1:10pm Backcare Yoga Jules <i>Relieve back pain</i>		
		4:00-5:15pm *Pre-registered* Yoga for Scoliosis Kathryn Apr 21-May 26		5:30-6:45pm *Pre-registered & Drop In* All Levels Hatha Flow RaRa April 16-May 21		
		6:30-7:45pm *Pre-registered* Mindful Movement for Women Sarah May 19-June 23				