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## Signing up for Classes

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

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**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/yoga/classes](http://ajnayoga.ca/yoga/classes)  
or call 250-812-8355/  
email [michelle@ajnayoga.ca](mailto:michelle@ajnayoga.ca)

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### 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.

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## Pre-Registered Classes

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### All Levels Hatha Flow: 6-weeks

*Instructor:* RaRa McElroy

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

*Dates:* Ongoing, July 9-30

*Investment:* \$80, or Drop-In \$25

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### 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)

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### Yoga for Scoliosis: 6-weeks

*Instructor:* Kathryn Kusyszyn

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

*Dates:* June 30- July 28

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

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### 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)

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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](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
		9:00-10:15am <b>Fascia Release</b> Michelle <i>Hydrate fascia and build core strength</i>	9:00-10:00am <b>Osteo &amp; Strength</b> Linda <i>Build bone density, strength &amp; balance</i>	9:00-10:15am <b>Hips Neck &amp; Shoulders</b> Michelle <i>Strengthen &amp; release those areas of the body.</i>		
	10:30am-11:45am <b>Balance &amp; Fall Prevention</b> Jules <i>Increase balance to reduce fall risk.</i>	10:40-11:45am <b>Strength &amp; Stability</b> Jules <i>Resistance bands, weights and yoga.</i>	10:30-11:45am <b>Yoga for Stress Relief</b> Michelle <i>Mindfulness to release muscle tension &amp; calm the nervous system</i>		10:30-11:45am <b>Healthy Aging</b> Laura <i>Build core stability and balance.</i>	
		12:05-1:10pm <b>Backcare Yoga</b> Jules <i>Relieve back pain</i>		12:05-1:10pm <b>Backcare Yoga</b> Jules <i>Relieve back pain</i>		
		4:00-5:15pm *Pre-registered* <b>Yoga for Scoliosis</b> Kathryn Jun 30- Jul 28		5:30-6:45pm *Pre-registered & Drop In* <b>All Levels Hatha Flow</b> RaRa May 28-Jul 2/ July 9-30		
		6:30-7:45pm *Pre-registered* <b>Mindful Movement for Women</b> Sarah May 19-June 23				