

Oct/ Nov Pre-Registered Classes and Workshops

Neck, Shoulders, Wrists & Hands

Instructor: Jules Payne

Time: Thursdays, 1:30-2:45pm

Dates: Oct 1-Nov 5

Investment: \$140 (Online & In Person)

20 Hour (Online) TCTSY Training

Instructor: Sarah Holmes de Castro

Dates: October 16-18

Investment: \$475 (Online only)

Chair Yoga: 6-weeks

Instructor: Linda Lemay

Time: 2:00-3:00pm

Dates: Oct 19-Nov 23

Investment: \$120 (Online & In Person)

All Levels Hatha Flow: 7-weeks

Instructor: RaRa McElroy

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

Dates: Oct 29-Dec 10

Investment: \$150 (In Person only)

Mindful Movement for Women: 6-weeks

Instructor: Sarah Holmes de Castro

Time: Tuesdays 6:30-7:45pm

Dates: Oct 27-Dec 1

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

Grief, Gratitude & Breath Workshop

Instructor: Krista Helman

Sunday, Nov 8, 2:00-3:00pm

Investment: \$30 (In Person only)

September Pre-Registered Classes & Workshops

Yoga for Scoliosis: 6-weeks

Instructor: Kathryn Kusyszyn

Time: Tuesdays, 4:30-5:45pm

Dates: Sept 8-Oct 13

Investment: \$140 (Online and In Person)

All Levels Hatha Flow: 7-weeks

Instructor: RaRa McElroy

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

Dates: Sept 10-Oct 22

Investment: \$150, or Drop-In \$25 (In Person)

Functional Movement: 5-weeks

Instructor: Linda Lemay

Time: Tuesdays 2:00-3:30pm

Dates: Sept 15-Oct 13

Investment: \$120 (Online & In Person)

Mindful Movement for Women: 6-weeks

Instructor: Sarah Holmes de Castro

Time: Tuesdays 6:30-7:45pm

Dates: Sept 15-Oct 20

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

Karma Yoga for Everyday Life Workshop

Instructor: Madhu Nagarajan

September 19, 10am-noon Pacific Time

Investment: \$50 (Online only)



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: \$22. Online spots: \$20 each. Class recordings are available for 7 days.

Indicates a Pre-registered series, not a drop-in class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		9:00-10:15am Fascia Release Michelle <i>Release fascia & 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</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</i>	10:30-11:45am Yoga for Stress Relief Michelle <i>Mindfulness & nervous system</i>		
2:00-3:00pm *Grief, Gratitude & Breath Workshop* Krista Nov 8	2:00-3:00pm *Chair Yoga* Linda (pre-reg only) Oct 19-Nov 23	12:05-1:10pm Backcare Yoga Jules <i>Relieve back pain</i>		12:05-1:10pm Backcare Yoga Jules <i>Relieve back pain</i>	
		2:00-3:30pm *Functional Movement* Linda (pre-reg only) Sept 15-Oct 13		1:30-2:45pm *Neck, Shoulders, Wrists & Hands* Jules (pre-reg only) Oct 1-Nov 5	
		4:30-5:45pm *Yoga for Scoliosis* Kathryn (pre-reg only) Sept 8- Oct 13		5:30-6:45pm *Hatha Flow* RaRa (pre-reg & drop-in) Sept 10-Oct 22 & Oct 29-Dec 10	
		6:30-7:45pm *Mindful Movement* Sarah (pre-reg only) Sept 15-Oct 20 & Oct 27-Dec 1			