



**WELCOME BACK WEEK
AUGUST 27 TO 31, 2018**

Early Birds with Kelly
6:30 am – 7:45 am daily Aug 27 to 31
\$45 for the week

Develop your personal yoga practice Part 2 with Nicole
Overcoming obstacles and challenges. Everyone welcome.
9:00 am – 10 am daily Aug 27 to 31
\$40 for the week

Yoga for Everybody
Five drop in classes to sample/choose from for the week
Drop In rates apply: \$14 for 1 hour class or \$15 for 1.5 hour class
PLEASE NOTE TIMES VARY

MONDAY Aug 27 5:30 to 7:00 pm	TUESDAY Aug 28 5:00 to 6:30 pm	WEDNESDAY Aug 29 5 to 6 pm	THURSDAY Aug 30 5:30 to 7 pm	FRIDAY Aug 31 5 to 6 pm
Annette BEGINNERS AND MORE	Nicole TWISTING POSES	Kelly GENTLE MODIFIED	Jessica FLEX YOUR YOGA	Tracy HAPPY HIPS AND SHOULDERS
Suitable for folks new to Iyengar yoga as well as those more experienced.	Learn how to safely anchor yourself before moving into your twist.	A slower paced class for those working with chronic conditions or injuries.	Mobility and flexibility with a restorative cool down.	Suitable for folks new to Iyengar yoga as well as those more experienced.

**Mark your calendars for
FREE CLASS WEEK: September 3 to 9**

106-335 Wesley St | Nanaimo, BC
iyengaryogananaimo.com