



SCHEDULE for SUMMER 2020

ALL CLASSES WILL BE BY-PRE REGISTRATION ONLY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30am – 10:30pm <i>Aging Gracefully</i> Modified Level 1 <i>ZOOM online class</i> <i>Missi</i></p> <p>12:30pm – 1:30pm Pranayama LEVEL 2 Kelly</p> <p>4:30pm – 5:30pm Gentle Modified ALL LEVELS Kelly</p> <p>6:00pm – 7:30pm <i>LEVEL 1,2</i> <i>ZOOM online class</i> <i>with Annette</i></p>	<p>6:15am – 7:45am ALL LEVELS Kelly</p> <p>9:30am – 10:30am <i>LEVEL 1,2</i> <i>ZOOM online class</i> <i>with De</i></p> <p>11:00am – 12:00pm <i>Sutra Studies</i> <i>ZOOM online class</i> <i>with Tracy to Jul 14</i></p> <p>5:00pm – 6:00pm Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly</p>	<p>9:30am – 11:00am <i>Aging Gracefully</i> <i>Modified Level 1,2</i> <i>ZOOM online class</i> <i>Missi</i></p> <p>3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly</p> <p>5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly</p>	<p>6:30am – 7:45am ALL LEVELS Kelly</p> <p>6:00pm – 7:30pm <i>LEVEL 2,3</i> <i>ZOOM online class</i> <i>with De</i></p>	<p>11:00am – 12:00pm <i>Pranayama LEVEL 1</i> <i>ZOOM online class</i> <i>with Tracy to Jul 17</i></p> <p>SATURDAY</p> <p>9:30am – 11:00am ALL LEVELS Kelly</p>

Classes with Kelly and Missi are running on a 4 week schedule: Jun 22-Jul 12; Jul 13-Aug 9; Aug 10-Sep 6

Classes with Annette and De are running monthly.

Pricing: \$12 for 1.0 hr class; \$14 for 1.5 hr class / Payment is by e-transfer to the specific teacher.

If cost is a barrier for participation we can offer pay what you can until finances improve.

See next page for how to attend classes at studio or ZOOM online classes.

CLASS DESCRIPTIONS	
<p>Level 1 Foundational poses are systematically and safely taught to build mobility, strength and flexibility. Suitable for beginners and students wishing to focus on basic postures and principles of Iyengar Yoga.</p> <p>Level 1,2 Suitable for students who have Iyengar Yoga experience wishing to expand the number of poses learned and further develop inverted postures.</p> <p>Level 2,3 Students will develop a deeper understanding of postures and strengthen the practice of inverted poses and backbends. Elements of the intermediate poses will be explored.</p> <p>Level 3 For ongoing students working with all categories of poses on a regular basis who have a personal practice.</p> <p>All Levels Includes poses from all Levels (1,2,3). Beginners are welcome. Students are guided to work safely and appropriately at their current level.</p> <p>Sutra Studies : Weekly exploration and discussion of the teachings of Yoga.</p>	<p style="text-align: center;"><u>MODIFIED CLASSES</u></p> <p>Modified classes are suitable for those who are recuperating from illness, surgery or injury or who have bodies that need to move carefully. Students must be able to carry their own props and to get up and down from the floor.</p> <p style="text-align: center;">. Modified Level 1 Aging Gracefully 1: A Level 1 class for those 60+ Modified Level 1,2 Aging Gracefully 1,2: A Level 1,2 class for those 60+ Modified All Levels</p> <p>Gentle: A slower paced class for those working with chronic conditions or injuries. This class may be suitable for those not used to physical exercise. Back, Neck & Shoulders: A class focused on back, neck and shoulder issues.</p> <p>Pranayama Level 1 - Open to any students who attend Iyengar Yoga classes and want to develop a Pranayama practice. Level 2 - For students who have at least 1 year of Pranayama practice in the Iyengar Tradition.</p>

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

as of June 16, 2020



IN STUDIO CLASSES	ZOOM ONLINE CLASSES
<p data-bbox="110 401 683 428">BEFORE COMING TO CLASS AT THE STUDIO</p> <p data-bbox="110 478 784 583">If you have ANY cold or flu symptoms <u>heal at home</u>. If exposed to Covid 19 or to travellers <u>quarantine at home</u>.</p> <ol data-bbox="110 632 805 1255" style="list-style-type: none">1. Register and receive confirmation that you have a space in the class of your choice.2. Assemble:<ul data-bbox="159 751 805 940" style="list-style-type: none">• hand sanitizer• props• a bag for personal items separate from props- which is kept in the foyer• a mask3. Watch the video-“How We Shall Gather Safely” on our FB and website.4. Come prepared to do yoga rather than change clothing at the studio.5. Come directly to the studio from home. Do errands afterwards.6. Put your mask on before entering.7. Keep physical distance outside and in the foyer. <p data-bbox="110 1297 318 1325">AT THE STUDIO</p> <ol data-bbox="110 1373 769 1608" style="list-style-type: none">1. Leave personal items in the foyer.2. Hand sanitize as soon as you enter.3. Place your mat and props in designated spaces which are measured 8 feet apart.4. Maintain physical distance at all times.5. Payment will be by e-transfer only.	<p data-bbox="829 401 1507 470">Register and you will receive a link from the teacher for your online ZOOM class.</p> <p data-bbox="829 518 1511 583">WHAT YOU NEED TO DO BEFORE YOU LOG IN TO A ZOOM CLASS:</p> <ul data-bbox="829 596 1528 1646" style="list-style-type: none">• Download the ZOOM App• Prepare your home space for practice. Find a place with a good internet connection, that has good lighting and if possible, please position your full mat so that it is visible for the teacher.• Basic yoga props for class might include: 1 sticky mat, 1 strap, 2 yoga bricks, 2 blankets, 1 chair, 1 bolster and wall space the length of the short end of your mat.• If the camera does not come on (even if it shows video is on) when you join the class you may need to leave the meeting and turn your camera off on your computer.• Sometimes the Zoom application needs you to log in first with your user id and password before you can join the meeting. Make sure your device is fully charged before it is time to log in.• Log in at least 10 to 15 minutes before the scheduled class time. Please allow yourself ample time to sign in to the Zoom class to get settled and check your audio and video settings. Please use your first and last name when you log in.• Please let the teacher know ahead of time if you have any health concerns, injuries or if you are menstruating. Any last minute changes with your situation can be communicated through the chat function on ZOOM.

Most importantly, enjoy the practice!

Together we can safely learn and practice Iyengar yoga.

Kelly

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