



SCHEDULE May 2020

Kelly will begin teaching small group classes in the studio beginning Monday, May 25
To prepare to attend a class or classes please follow the checklist on the next page.

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

Price \$12 for 1.0 hr class; \$14 for 1.5 hr class. Payment by e-transfer only - by the month.
 ALL CLASSES WILL BE BY-PRE REGISTRATION ONLY. First—come registrations for a maximum of 9.
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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>MODIFIED CLASSES</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>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 May 16, 2020



To prepare to attend a class or classes please follow the checklist below.

BEFORE COMING TO CLASS

If you have ANY cold or flu symptoms heal at home.

If exposed to Covid 19 or to travellers quarantine at home.

1. Register and receive confirmation that you have a space in the class of your choice.
2. Assemble:
 - hand sanitizer
 - props
 - a bag for personal items separate from props- which is kept in the foyer
 - a mask
3. 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.

AT THE STUDIO

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.

Together we can safely learn and practice Iyengar yoga.

Kelly