



4 Week Schedule January 4 -31, 2021

ALL CLASSES WILL BE BY PRE REGISTRATION ONLY. REGISTRATION OPENS Dec 28, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am – 10:30am <i>Aging Gracefully</i> Modified Level 1 <i>ZOOM-online Missi</i>	6:15am – 7:45am ALL LEVELS Kelly	9:30am – 11:00am <i>Aging Gracefully</i> Modified Level 1,2 <i>ZOOM-online Missi</i>	6:30am – 7:45am ALL LEVELS Kelly	9:30am – 10:30am <i>Aging Gracefully</i> Modified Level 1 <i>ZOOM-online Missi</i>
12:15pm – 1:15pm Pranayama LEVEL 2 Kelly	6:15am – 7:00am ALL LEVELS *NEW* <i>ZOOM-online De</i>			11:00am – 12:00pm Pranayama LEVEL 1 <i>ZOOM-online Tracy</i>
3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly	9:30am – 10:30am LEVEL 1,2 <i>ZOOM-online De</i>			5:00pm – 6:00pm PEACE PRACTICE BY DONATION JAN 8 FEB 5
5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly	10:30am – 12:00pm LEVEL 2,3 <i>ZOOM-online Tracy</i>	3:45pm – 4:45pm Gentle Modified ALL LEVELS Kelly		SATURDAY
6:00pm – 7:15pm LEVEL 1,2 <i>ZOOM-online Annette</i>	5:00pm – 6:00pm Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly	5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly	6:00pm – 7:30pm LEVEL 2,3 <i>ZOOM-online De</i>	9:30am – 11:00am ALL LEVELS Kelly

Pricing: \$48 for 1.0 hr class; \$56 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.

<u>CLASS DESCRIPTIONS</u>	
<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 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

January 2021 Schedule as of Dec 19, 2020



IN STUDIO CLASSES

BEFORE COMING TO CLASS AT THE STUDIO

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.

TEMPORARY MEASURES FOR IN STUDIO CLASSES

✓Masks are to be worn while in the studio

We shall comply with all Provincial Health Orders and keep everyone informed of changes as they arise.

ZOOM ONLINE CLASSES

Register and you will receive a link from the teacher for your online ZOOM class.

WHAT YOU NEED TO DO BEFORE YOU LOG IN TO A ZOOM CLASS:

- 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 you 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.