

All classes will be by pre-registration only.  
In-Studio Class registration opens Sun, May 23



**Pricing**  
\$12 for 1.0 or 1.25 hr class.  
\$14 for 1.5 hr class,  
multiplied by the number of classes in this session.

## Class Schedule May 24 – July 4, 2021

Zoom class schedule begins Monday May 24 (*with exceptions noted*).

In Studio class schedule resumes Wednesday, May 26!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In-studio begins May 31 Zoom May 24	In-studio begins June 1 Zoom May 25	In-studio begins May 26 Zoom May 26	In-studio begins May 27 Zoom May 27	Zoom begins May 28
	6:15am – 7:45am ALL LEVELS Kelly (5 classes-\$60)		6:30am – 7:45am ALL LEVELS Kelly (6 classes-\$72)	
9:30am – 10:30am Aging Gracefully Modified Level 1 ZOOM-online Missi 6 classes - \$72	9:30am – 10:30am LEVEL 1,2 ZOOM-online De 6 classes - \$72	9:30am – 11:00am Aging Gracefully Modified Level 1,2 ZOOM-online Missi 6 classes - \$84		9:30am – 10:30am Aging Gracefully Modified Level 1 ZOOM-online Missi 6 classes - \$72
	10:30am – 12:00pm LEVEL 2,3 ZOOM-online Tracy 4 classes - \$56 no class Jun 22/29			11:00am – 12:00pm Pranayama LEVEL 1 ZOOM-online Tracy 3 classes - \$36 no class May 28/Jun25/Jul2
12:15pm – 1:15pm Pranayama LEVEL 2 Kelly (5 classes-\$60)		3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly (6 classes-\$72)		
3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly (5 classes-\$60)				
5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly (5 classes-\$60)	5:00pm – 6:00pm Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly (5 classes-\$60)	5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly (6 classes-\$72)		5:00pm – 6:00pm PEACE PRACTICE BY DONATION JUN 4
6:00pm – 7:15pm LEVEL 1,2 ZOOM-online Annette 5 classes- \$60 no class May 24			6:00pm – 7:30pm LEVEL 2,3 ZOOM-online De 6 classes - \$84	SATURDAY
				In-studio begins May 29 9:30am – 11:00am ALL LEVELS Nicole (6 classes-\$84)

Payment is by e-transfer to the specific teacher.

Go to web-site for details on the following: Class Descriptions, COVID-19 protocols for In Studio Classes and what you need to do before you log into a Zoom class.

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

May 24 to July 4 as of May 26, 2021

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### 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.