



## Session #6 SCHEDULE (April 2 to May 13, 2018)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>ALL CLASSES WILL RUN ON EASTER LONG WEEKEND MAR 30 TO APR 2</p> <p>11:00am – 12:00pm Aging Gracefully 1  Modified LEVEL 1 Missi</p> <p>12:15pm – 1:15pm Pranayama LEVEL 2 Kelly</p> <p>4:00pm – 5:00pm  Help for Back, Neck &amp; Shoulders Modified ALL LEVELS Kelly</p> <p>5:00pm – 6:00pm Gentle  Modified ALL LEVELS Kelly</p> <p>6:15pm – 7:15pm LEVEL 1 De</p> <p>7:30pm – 8:30pm LEVEL 1,2 - Flow De</p>	<p>6:15am – 7:45am ALL LEVELS Kelly</p> <p>9:00 am – 10:00 am LEVEL 1 De</p> <p>10:30am – 12:00pm LEVEL 1,2 Tracy</p> <p>Energize with Lunch Time Yoga! 12:05 pm – 12:55 pm LEVEL 1 Annette <b>*NEW</b></p> <p>4:30pm – 6:00pm  Help for Back, Neck &amp; Shoulders Modified ALL LEVELS Kelly</p> <p>6:00pm – 8:00pm LEVEL 3  Kelly</p>	<p>9:15am – 10:15am Aging Gracefully 1 Modified LEVEL 1 Missi</p> <p>10:30am – 11:30am Chair Yoga Missi</p> <p>4:00pm – 5:00pm Gentle Modified ALL LEVELS Kelly</p> <p>5:00pm – 6:00pm Gentle  Modified ALL LEVELS Kelly</p> <p>6:15pm – 7:15pm Restorative Pranayama LEVEL 1 Tracy</p> <p>7:30PM – 8:30PM LEVEL 1 Nicole <b>*NEW Begins Apr 18</b></p>	<p>6:30am – 7:45am ALL LEVELS Kelly</p> <p>9:30am – 11:00am Aging Gracefully 2 Modified LEVEL 1,2 Missi</p> <p>Energize with Lunch Time Yoga! 12:05 pm – 12:55 pm LEVEL 1 Jessica</p> <p>5:00pm – 6:00pm Gentle Transition Modified LEVEL 1,2 Tracy</p> <p>6:00pm – 7:30pm LEVEL 2,3  Kelly</p>	<p>10:30am – Noon LEVEL 1,2 Tracy</p> <p>*5:00pm – 6:00pm PEACE PRACTICE BY DONATION 1ST FRIDAY/MONTH April 6 May 4 <b>*Note Peace Practice has returned to 5 pm start</b></p>	
					SUNDAY
					<p>9:00am – 10:30am LEVEL 1,2 Nicole <b>*NEW Begins Apr 22</b></p>

denotes classes are by REGISTRATION ONLY.

REGISTRATION FOR SESSION #6 OPENS March 19, 2018.

REGISTER FOR CLASSES AT <http://www.iyengaryogananaimo.com/contact/>



**CLASS DESCRIPTIONS**

**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.

**Level 1,2**

Suitable for students who have Iyengar Yoga experience wishing to expand the number of poses learned and further develop inverted postures.

**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.

**Level 3**

For ongoing students working with all categories of poses on a regular basis who have a personal practice.

**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.

**FLOW (Level 1,2)**

Participants will be taught each pose based on the Iyengar method including the principles of alignment so that a portion of every class can involve flowing from pose to pose.

**Pranayama**

(The study of yogic breath. Pranayama is introduced in all levels of classes.)

**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.

Iyengar-Certified Teachers-look for this mark for teaching excellence.



**Energize with Lunch Time Yoga!**

These 50 minute classes are designed to get you moving over your lunch break. Arrive at Noon and be out by 1 pm. Suitable for Beginners.

**MODIFIED CLASSES**

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.

**Chair Yoga**

For those with restricted mobility.

**Modified Level 1**

**Aging Gracefully 1:** A Level 1 class for those 60+

**Modified Level 1,2**

**Aging Gracefully 2 :** A Level 1,2 class for those 60+

**Gentle Transition:** A Level 1,2 transitional class for students of any age that are ready for more standing work with less support.

**Modified All Levels**

**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.

**Peace Practice – All Levels Restorative**

Invite deep relaxation and mental peace into your week in this one hour practice. Class is by donation.

**WHICH CLASS IS FOR ME?**

For further info or to contact us go to [iyengaryogananaimo.com](http://iyengaryogananaimo.com)

**PRICING by the hour (drop in rates where applicable)**

<b>1.0 (or 1.25) hour class</b>	<b>\$14</b>	<b>student rate (\$10)</b>
<b>1.5 hour class</b>	<b>\$15</b>	<b>student rate (\$10)</b>
<b>2.0 hour class</b>	<b>\$17</b>	<b>student rate (\$12)</b>

**SAVE WHEN YOU PAY BY THE SESSION (6 Week Session)**

<b>Find your class</b>	<b>(A) Price per class when registering for one class series in a Session</b>	<b>(B) Price per class when registering for two or more class series in a Session</b>
<b>1.0 (or 1.25) hour class (6 class series)</b>	<b>\$67</b>	<b>\$60</b>
<b>1.5 hour class (6 class series)</b>	<b>\$72</b>	<b>\$65</b>
<b>2.0 hour class (6 class series)</b>	<b>\$82</b>	<b>\$73</b>

Paying for 2 or more classes per session the pricing is selected from Column (B)

e.g. Paying for 2 classes? 6 class series 1.5 hr class (\$65) + 6 class series 1.0 hr class (\$60)

e.g. Paying for 3 classes? 6 class series 1.0 hr class (\$60) + 6 class series 2.0 hr class (\$73) + 6 class series 1.5 hr class (\$65)

- Payment is by cash or cheque payable to the Teacher of the class.
- You save if you pay by the session, even if you are taking classes with more than one teacher.
- If you have paid for a session and you miss a class you can come to any class at the same level during the same session as a make-up class.