

PRE-REGISTRATION REQUIRED  
Registration opens  
Monday, December 13



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**Class Schedule – 8 Week Session  
January 3 – February 27, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>6:15am – 7:45am</b> <b>ALL LEVELS</b> <b>Kelly</b>		<b>6:30am – 7:45am</b> <b>ALL LEVELS</b> <b>Kelly</b>	
	<b>9:00am – 10:00am</b> <b>LEVEL 1,2</b> IN Studio and <b>ZOOM-online De</b>	<b>9:30am – 11:00am</b> <b>Aging Gracefully</b> <b>Modified Level 1,2</b> <b>ZOOM-online</b> <b>Annette for Missi</b>		
	<b>10:30am – 12:00pm</b> <b>ALL LEVELS</b> <b>Tracy</b>	<b>10:00am – 11:00am</b> <b>Chair Yoga Level 2</b> <b>Sheila</b>	<b>11:15am – 12:15pm</b> <b>Chair Yoga Level 1</b> <b>Sheila</b>	<b>11:00am – 12:00pm</b> <b>Pranayama LEVEL 1</b> <b>ZOOM-online Tracy</b>
<b>12:15pm – 1:15pm</b> <b>Pranayama LEVEL 2</b> <b>Kelly</b>				
<b>3:30pm – 4:30pm</b> <b>Gentle</b> <b>Modified ALL LEVELS</b> <b>Kelly</b>	<b>3:30pm – 4:30pm</b> <b>Gentle</b> <b>Modified ALL LEVELS</b> <b>Kelly</b>	<b>3:30pm – 4:30pm</b> <b>Gentle</b> <b>Modified ALL LEVELS</b> <b>Kelly</b>		
<b>5:00pm – 6:00pm</b> <b>Modified Level 1,2</b> <b>Kelly</b>	<b>5:00pm – 6:00pm</b> <b>Gentle</b> <b>Modified ALL LEVELS</b> <b>Kelly</b>	<b>5:00pm – 6:00pm</b> <b>Modified Level 1,2</b> <b>Kelly</b>		
<b>6:00pm – 7:15pm</b> <b>ALL LEVELS</b> <b>ZOOM-online</b> <b>Annette</b>			<b>6:00pm – 7:30pm</b> <b>LEVEL 2,3</b> <b>De</b> IN Studio and <b>ZOOM-online De</b>	
<b>6:30pm – 7:30pm</b> <b>ALL LEVELS</b> <b>De</b>				
				<b>SUNDAY</b> <b>1:00pm – 2:00pm</b> <b>Family Yoga</b> <b>Karen</b>

Payment is by e-transfer to the specific teacher.  
Go to web-site for details on the following: 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**

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**CLASS DESCRIPTIONS AND PRICING**

**ASANA CLASSES – Iyengar Yoga**

**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 (Level 1-3)**

Students are guided to work safely and appropriately at their current level.

**PRANAYAMA CLASSES – Iyengar Yoga**

The study of yogic breath. Pranayama is introduced in all levels of classes. A minimum of 6 months of Asana to prepare the body is recommended before beginning Pranayama.

**Pranayama Level 1** - Open to any students who attend Iyengar Yoga classes and want to develop a Pranayama practice.

**Pranayama Level 2** - For students who have at least 1 year of Pranayama practice in the Iyengar Tradition.

**MODIFIED ASANA CLASSES – Iyengar Yoga**

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.

**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**

**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.

**FAMILY YOGA WITH KAREN**

Families with at least one adult and vaccinated school-aged children. Classes are designed to help connect and nurture family members through fun and relaxation.

Be prepared to play!

Bring a yoga mat and a blanket.

To register for Family Yoga contact Karen at  
Karenjames@shaw.ca

**\$10.00 for each adult and \$5.00 for each child**  
(January 8 – March 6)

**CHAIR YOGA WITH SHEILA**

Sheila has 200 hour yoga teacher training and chair yoga for seniors' certification. With five years' experience teaching chair yoga in a variety of community settings, Sheila offers the benefits of yoga in a safe and supported manner.

**Level 1 Chair Yoga**

**Level 2 Chair Yoga** includes some very gentle floor work.

To register for Chair Yoga contact Sheila at  
smcrampton@gmail.com or 250-668-7725  
Chair Yoga Classes \$80 for an 8 week session

**Pricing is based on registration for the full 8 week session.**

**All classes are to be by pre-registration only.**

**PRICING by the hour**

<b>1.0 (or 1.25) hour class</b>	<b>\$14 (8 week session = \$112)</b>	\$16 when drop-in is accommodated
<b>1.5 hour class</b>	<b>\$16 (8 week session = \$128)</b>	\$18 when drop-in is accommodated

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