



## 2019 SUMMER SCHEDULE

### SUMMER SESSION #1 - JULY 1 to JULY 28 (4 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Classes will run on Holiday Monday July 1</p> <p><b>10:00am–11:30am</b> Modified Lev 1,2 Missi</p> <p><b>12:15pm–1:15pm</b> Pranayama LEVEL 1,2 Kelly</p> <p><b>5:00pm–6:00pm</b> Gentle Modified ALL LEVELS Kelly</p>	<p><b>6:15am–7:45am</b> ALL LEVELS Kelly</p> <p><b>9:30am–11:00am</b> LEVEL 1,2 Kelly</p> <p><b>5:00pm–6:00pm</b> Gentle Modified ALL LEVELS Kelly</p>	<p><b>10:35am–11:35am</b> Gentle Modified ALL LEVELS Kelly</p>	<p><b>6:30am-7:45am</b> ALL LEVELS Kelly</p> <p><b>6:00pm – 7:30pm</b> LEVEL 2,3 Kelly</p>	<p><b>10:30am–Noon</b> ALL LEVELS Tracy</p>

### SUMMER SESSION #2 - JULY 29 to AUGUST 25 (4 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Classes will run on Holiday Monday August 5</p> <p><b>10:00am–11:30am</b> Modified Lev 1,2 Missi</p>	<p><b>9:30am–11:00am</b> LEVEL 1,2 De</p>	<p><b>10:35am–11:35am</b> Gentle Transition Modified LEVEL 1 Annette</p>	<p><b>6:00pm–7:30pm</b> LEVEL 2,3 De</p>

### MONDAY TO FRIDAY – AUG 26 TO 30

MONDAY Aug 26	TUESDAY Aug 27	WEDNESDAY Aug 28	THURSDAY Aug 29	FRIDAY Aug 30
<p><u>URBAN RETREAT</u> with Kelly \$55 <b>6:15am-7:45am daily</b> ALL LEVELS yoga, pranayama and restorative support.</p>				
<p><b>MONDAY TO THURSDAY – AUG 26 TO 29</b></p>				
MONDAY Aug 26	TUESDAY Aug 27	WEDNESDAY Aug 28	THURSDAY Aug 29	
<p><u>HOME PRACTICE ESSENTIALS</u> with Nicole \$45 <b>9:30am-11:00am daily</b> OR <b>6:00pm-7:30pm daily</b> At the end of the week students will have learned 3 home practice sequences with customized modifications. See class descriptions for further details. Minimum enrollment needed to run.</p>				

**September 2 to 8 – SPECIAL 2 FOR 1: BRING A FRIEND WEEK**

**September 6 – PEACE PRACTICE**

**September 9 – NEW SESSION BEGINS**

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



**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 with 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.

**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.

**HOME PRACTICE ESSENTIALS**

At the end of the four days students will have learned three home practice sequences with customized modifications. Those with hip, knee, or shoulder issues will learn pose alternatives or modifications for those common problems for their own needs. Beginners will gain a strong foundation and feel confident about where to start. More experienced students will learn how to create the appropriate level of challenge to grow their skills. All students will be supported and motivated.

**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.

**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.

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

**WHICH CLASS IS FOR ME?**

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

**2019 SUMMER DROP IN RATES**

<b>1.0 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>

**2019 SUMMER PRICING SPECIAL**

	<b>Session #1 JULY 1 to JULY 28 (4 weeks)</b>	<b>Session #2 JULY 29 to AUGUST 25 (4 weeks)</b>	<b>FULL SUMMER REGISTRATION (where applicable) Session #1 <u>AND</u> #2 (8 WEEKS)</b>
Find your class	Price to register for one class for a full 4 week session.	Price to register for one class for a full 4 week session.	Price to register for one class that runs in both summer sessions.
<b>1.0 hour class</b>	<b>\$45</b>	<b>\$45</b>	<b>\$85</b>
<b>1.5 hour class</b>	<b>\$48</b>	<b>\$48</b>	<b>\$96</b>

→ Payment is by cash, cheque or e-transfer payable to the teacher of the class.

→ No make-up classes or combo class pricing for Summer Session.

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



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