



## SCHEDULE for SEPTEMBER 2020 6 Week Session: Sept 14 to Oct 25

**ALL CLASSES WILL BE BY PRE REGISTRATION ONLY. REGISTRATION OPENS Sunday Sept 6**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9:30am – 10:30am</b> <i>Aging Gracefully</i> <b>Modified Level 1</b> <i>ZOOM online class</i> <i>Missi</i></p> <p><b>12:15pm – 1:15pm</b> <b>Pranayama LEVEL 2</b> Kelly</p> <p><b>3:30pm – 4:30pm</b> Gentle <b>Modified ALL LEVELS</b> Kelly</p> <p><b>5:00pm – 6:00pm</b> Gentle <b>Modified ALL LEVELS</b> Kelly</p> <p><b>6:00pm – 7:30pm</b> <b>LEVEL 1,2</b> <i>ZOOM online class</i> <i>with Annette</i></p>	<p><b>6:15am – 7:45am</b> <b>ALL LEVELS</b> Kelly</p> <p><b>9:30am – 10:30am</b> <b>LEVEL 1,2</b> <i>ZOOM online class</i> <i>with De</i></p> <p><b>10:30am – 12:00pm</b> <b>LEVEL 2,3</b> Tracy</p> <p><b>3:30pm – 4:30 pm</b> <b>Build Your Resilience</b> <b>ALL LEVELS</b> Nicole</p> <p><b>5:00pm – 6:00pm</b> <b>Help for Back, Neck &amp; Shoulders</b> <b>Modified ALL LEVELS</b> Kelly</p>	<p><b>9:30am – 11:00am</b> <i>Aging Gracefully</i> <b>Modified Level 1,2</b> <i>ZOOM online class</i> <i>Missi</i></p> <p><b>3:30pm – 4:30pm</b> Gentle <b>Modified ALL LEVELS</b> Kelly</p> <p><b>5:00pm – 6:00pm</b> Gentle <b>Modified ALL LEVELS</b> Kelly</p>	<p><b>6:30am – 7:45am</b> <b>ALL LEVELS</b> Kelly</p> <p><b>6:00pm – 7:30pm</b> <b>LEVEL 2,3</b> <i>ZOOM online class</i> <i>with De</i></p>	<p><b>11:00am – 12:00pm</b> <i>Pranayama LEVEL 1</i> <i>ZOOM online class</i> <i>with Tracy</i></p> <p><b>5:00pm – 6:00pm</b> <b>PEACE PRACTICE</b> <b>BY DONATION</b> <b>SEP 4</b> <b>OCT 2</b></p> <p style="text-align: center;"><b>SATURDAY</b></p> <p><b>9:30am – 11:00am</b> <b>ALL LEVELS</b> Kelly</p>

**Pricing:** \$72 for 1.0 hr class; \$84 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><b>Level 1</b> 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><b>Level 1,2</b> Suitable for students who have Iyengar Yoga experience wishing to expand the number of poses learned and further develop inverted postures.</p> <p><b>Level 2,3</b> 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><b>All Levels</b> 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><b>Pranayama Level 1</b> - Open to any students who attend Iyengar Yoga classes and want to develop a Pranayama practice.</p> <p><b>Pranayama Level 2</b> - For students who have at least 1 year of Pranayama practice in the Iyengar Tradition.</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;"><b>Modified Level 1</b></p> <p style="text-align: center;"><b>Aging Gracefully 1:</b> A Level 1 class for those 60+</p> <p style="text-align: center;"><b>Modified Level 1,2</b></p> <p style="text-align: center;"><b>Aging Gracefully 1,2:</b> A Level 1,2 class for those 60+</p> <p style="text-align: center;"><b>Modified All Levels</b></p> <p><b>Gentle:</b> A slower paced class for those working with chronic conditions or injuries. This class may be suitable for those not used to physical exercise.</p> <p><b>Back, Neck &amp; Shoulders:</b> A class focused on back, neck and shoulder issues.</p> <p><b>Build Your Resilience:</b> An all levels class that will support you and help you thrive in times of change and uncertainty. Asana sequences designed to help calm anxiety, stabilize emotions, nourish the nervous system, and wake up your body and spirit will be paired with ongoing education about how to build your resilience toolkit for your own daily needs.</p>

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

**September Schedule as Sep 6, 2020**



<b>IN STUDIO CLASSES</b>	<b>ZOOM ONLINE CLASSES</b>
<p data-bbox="110 401 683 428"><b>BEFORE COMING TO CLASS AT THE STUDIO</b></p> <p data-bbox="110 474 784 583">If you have ANY cold or flu symptoms <u>heal at home</u>. If exposed to Covid 19 or to travellers <u>quarantine at home</u>.</p> <ol data-bbox="110 632 805 1251" style="list-style-type: none"><li>1. Register and receive confirmation that you have a space in the class of your choice.</li><li>2. Assemble:<ul data-bbox="159 747 805 940" style="list-style-type: none"><li>• hand sanitizer</li><li>• props</li><li>• a bag for personal items separate from props- which is kept in the foyer</li><li>• a mask</li></ul></li><li>3. Watch the video-“How We Shall Gather Safely” on our FB and website.</li><li>4. Come prepared to do yoga rather than change clothing at the studio.</li><li>5. Come directly to the studio from home. Do errands afterwards.</li><li>6. Put your mask on before entering.</li><li>7. Keep physical distance outside and in the foyer.</li></ol> <p data-bbox="110 1297 318 1325"><b>AT THE STUDIO</b></p> <ol data-bbox="110 1373 769 1608" style="list-style-type: none"><li>1. Leave personal items in the foyer.</li><li>2. Hand sanitize as soon as you enter.</li><li>3. Place your mat and props in designated spaces which are measured 8 feet apart.</li><li>4. Maintain physical distance at all times.</li><li>5. Payment will be by e-transfer only.</li></ol>	<p data-bbox="829 401 1507 468">Register and you will receive a link from the teacher for your online ZOOM class.</p> <p data-bbox="829 516 1511 583"><b>WHAT YOU NEED TO DO BEFORE YOU LOG IN TO A ZOOM CLASS:</b></p> <ul data-bbox="829 594 1528 1644" style="list-style-type: none"><li>• Download the ZOOM App</li><li>• 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.</li><li>• 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.</li><li>• 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 your camera off on your computer.</li><li>• 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.</li><li>• 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.</li><li>• 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.</li></ul>

Most importantly, enjoy the practice!

Together we can safely learn and practice Iyengar yoga.

Kelly

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