

PRE-REGISTRATION REQUIRED
Registration opens
Monday, September 27



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Class Schedule October 4 – October 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Classes run on Thanksgiving Oct 11 except where noted</i>	6:15am – 7:45am ALL LEVELS Kelly		6:30am – 7:45am ALL LEVELS Kelly	
9:30am – 10:30am Aging Gracefully Modified Level 1 ZOOM-online Missi	9:30am – 10:30am LEVEL 1,2 ZOOM-online De	9:30am – 11:00am Aging Gracefully Modified Level 1,2 ZOOM-online Missi		9:30am – 10:30am Aging Gracefully Modified Level 1 ZOOM-online Missi
12:15pm – 1:15pm Pranayama LEVEL 2 Kelly	10:30am – 12:00pm ALL LEVELS Tracy	9:30am - 10:30am Chair Yoga Level 1 Karen/Sheila	11:15am – 12:15pm Chair Yoga Level 1 Karen/Sheila	11:00am – 12:00pm Pranayama LEVEL 1 ZOOM-online Tracy
3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly	1:00pm – 2:00pm Preparation for Pranayama Nicole	11:00am – 12:00pm Chair Yoga Level 2 Karen/Sheila		5:00pm – 6:00pm PEACE PRACTICE BY DONATION OCT 1 NOV 5
5:00pm – 6:00pm Modified Level 1,2 Kelly	3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly	3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly		
6:00pm – 7:15pm ALL LEVELS ZOOM-online Annette NO CLASS Oct 11	5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly	5:00pm – 6:00pm Modified Level 1,2 Kelly		
6:30pm – 7:30pm ALL LEVELS De NO CLASS Oct 11			6:00pm – 7:30pm LEVEL 2,3 De IN Studio and ZOOM-online De	
				SATURDAY

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

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

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.

Preparation for Pranayama

An asana class with active and restorative components designed to open the chest, deepen Savasana, and prepare the body and nervous system for 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 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 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+

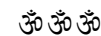
Modified All Levels

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.

Peace Practice – All Levels Restorative

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



CHAIR YOGA WITH SHEILA

Sheila has 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 \$40 for a 4 week session**

Pricing is based on registration for the full session.

All classes are to be by pre-registration only.

PRICING by the hour

1.0 (or 1.25) hour class	\$12 (4 week session = \$48)	\$14 when drop-in is accommodated
1.5 hour class	\$14 (4 week session = \$56)	\$16 when drop-in is accommodated

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