



2018 SUMMER SCHEDULE

SUMMER YOGA RETREATS - JUNE 25 to 29

THREE DAILY CLASSES AVAILABLE DURING THIS WEEK

MONDAY June 25	TUESDAY June 26	WEDNESDAY June 27	THURSDAY June 28	FRIDAY June 29
BRING YOGA INTO YOUR DAILY LIFE with Kelly \$45 6:15am-7:45am daily ALL LEVELS yoga, pranayama and restorative support.				
ESTABLISHING A DAILY YOGA PRACTICE with Nicole \$40 9:00am-10:00am daily LEVEL 1,2				
EMBODY YOUR YOGA: with De, Jessica and Nicole \$45 6:00pm-7:30 pm daily LEVEL 1,2				

SUMMER SESSION #1 - JULY 2 to JULY 29 (4 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Classes will run on Holiday Monday July 2</i>	6:15am-7:45am ALL LEVELS Kelly	9:30am-10:30am Pranayama LEVEL 1,2 Kelly	6:30am-7:45am ALL LEVELS Kelly	10:30am-Noon LEVEL 1,2 Tracy
Your home is a yoga prop treasure chest. 10:00am-11:30am ALL LEVELS Missi	9:30am-11:00am LEVEL 1,2 De Energize with Lunch Time Yoga! 12:05pm-12:55pm LEVEL 1 Annette	10:35am-11:35am Gentle Modified ALL LEVELS Kelly	Energize with Lunch Time Yoga! 12:05pm-12:55pm LEVEL 1 Jessica	
6:30pm - 8:00pm LEVEL 1,2 De	6:00pm - 8:00pm LEVEL 2,3 Tracy		6:00pm - 7:30pm LEVEL 1,2 De	

SUMMER SESSION #2 - JULY 30 to AUGUST 26 (4 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Classes will run on Holiday Monday August 6</i>	9:30am-11:00am LEVEL 1,2 De	10:35am-11:35am Gentle Transition Modified LEVEL 1 Annette		10:30am-Noon LEVEL 1,2 Tracy
Your home is a yoga prop treasure chest. 10:00am-11:30am ALL LEVELS Missi	Energize with Lunch Time Yoga! 12:05pm-12:55pm LEVEL 1 Annette		Energize with Lunch Time Yoga! 12:05pm-12:55pm LEVEL 1 Jessica	
6:30pm-8:00pm LEVEL 1,2 De	6:00pm-8:00pm LEVEL 2,3 Tracy		6:00pm-7:30pm LEVEL 1,2 De	

as of June 9, 2018



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.

Your home is a yoga prop treasure chest.
 Come to class to see how to use your home-props and deepen your daily practice.

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.

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

2018 SUMMER DROP IN RATES

1.0 hour class	\$14	student rate (\$10)
1.5 hour class	\$15	student rate (\$10)
2.0 hour class	\$17	student rate (\$12)

2018 SUMMER PRICING SPECIAL

Find your class	Session #1 JULY 2 to JULY 29 (4 weeks) OR Session #2 JULY 30 to AUGUST 26 (4 weeks) Price to register for one class for a full 4 week session.	FULL SUMMER REGISTRATION (where applicable) Session #1 AND #2 (8 WEEKS) Price to register for one class that runs in both summer sessions	
	1.0 hour class	\$45	\$85
	1.5 hour class	\$48	\$91
	2.0 hour class	\$54	\$103

→ Payment is by cash or cheque payable to the teacher of the class.

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

August 27 to September 1 – Welcome Back Week

September 3 to 9 – FREE CLASS WEEK

September 10 – NEW SESSION BEGINS

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



106-335 Wesley St | Nanaimo, BC

iyengaryogananaimo.com