



## Session #4 SCHEDULE (February 18 to March 31, 2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>classes will run on Feb 18 – Family Day</p> <p>10:00am – 11:00am Aging Gracefully 1 ॐ Modified LEVEL 1 Missi</p> <p>11:00am – 12:00pm Aging Gracefully 1 ॐ Modified LEVEL 1 Missi</p> <p>12:15pm – 1:15pm Pranayama LEVEL 2 Kelly</p> <p>1:30pm – 3:00pm Philosophy Light on Life Tracy Feb 18-Apr 29 (bi-weekly)</p> <p>4:00pm – 5:00pm ॐ Help for Back, Neck &amp; Shoulders Modified ALL LEVELS Kelly</p> <p>5:00pm – 6:00pm Gentle ॐ Modified ALL LEVELS Kelly</p> <p>6:00pm – 7:30pm LEVEL 1,2 De</p>	<p>6:15am – 7:45am ALL LEVELS Kelly</p> <p>9:00am – 10:00am LEVEL 1 De</p> <p>10:30am – 12:00pm LEVEL 1,2 Tracy</p> <p>12:05pm – 12:55pm Beginners and more! LEVEL 1 Annette</p> <p>5:00pm – 6:00pm ॐ Help for Back, Neck &amp; Shoulders Modified ALL LEVELS Kelly</p> <p>6:00pm – 8:00pm LEVEL 2,3 ॐ Tracy</p>	<p>9:15am – 10:15am Aging Gracefully 1 Modified LEVEL 1 Missi</p> <p>4:00pm – 5:00pm Gentle Modified ALL LEVELS Kelly</p> <p>5:00pm – 6:00pm Gentle ॐ Modified ALL LEVELS Kelly</p> <p>6:05pm – 7:05pm Pranayama LEVEL 1 Tracy</p> <p>7:15pm – 8:15pm LEVEL 1 Tracy</p>	<p>6:30am – 7:45am ALL LEVELS Kelly</p> <p>9:30am – 11:00am Aging Gracefully 2 Modified LEVEL 1,2 Missi</p> <p>12:05 pm – 12:55pm Energize with Lunch Time Yoga! LEVEL 1 Jessica</p> <p>5:00pm – 6:00pm Beginners and more LEVEL 1 Annette</p> <p>6:00pm – 7:30pm LEVEL 2,3 ॐ De</p>	<p>10:30am – 12:00pm LEVEL 1,2 Tracy</p> <p>4:00pm – 5:00pm Energize with Happy Hour Yoga LEVEL 1,2 Tracy</p> <p>*5:00pm – 6:00pm PEACE PRACTICE BY DONATION March 1</p>
				SATURDAY/SUNDAY

ॐ denotes classes are by REGISTRATION ONLY.

**REGISTRATION FOR SESSION #4 OPENS February 11, 2019.**

REGISTER FOR CLASSES AT <http://www.iyengaryogananaimo.com/contact/>

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

as of Feb 9, 2019



**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 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**

Includes poses from all Levels (1,2,3). Beginners are welcome. Students are guided to work safely and appropriately at their current level.

**Philosophy**

Jan 21 to Apr 29 Bi-weekly reading Light on Life by BKS Iyengar

**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.

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



**Beginners and more!**

Suitable for folks new to Iyengar yoga as well as those more experienced.

**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.

**Beginners Six Week Introduction**

From time to time we will be offering a special six week Introductory series.

**Energize with Happy Hour**

Get your practice on with this 1 hour Level 1,2 class to finish your week off and get ready for the weekend.

**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 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.

**WHICH CLASS IS FOR ME?**

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

**PRICING by the hour (drop in rates where applicable)**

<b>1.0 (or 1.25) 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>
<b>2.0 hour class</b>	<b>\$17</b>	<b>student rate (\$12)</b>

**SAVE WHEN YOU PAY BY THE SESSION (6 Week Session)**

<b>Find your class</b>	<b>(A) Price per class when registering for one class series in a Session</b>	<b>(B) Price per class when registering for two or more class series in a Session</b>
<b>1.0 (or 1.25) hour class (6 class series)</b>	<b>\$67</b>	<b>\$60</b>
<b>1.5 hour class (6 class series)</b>	<b>\$72</b>	<b>\$65</b>
<b>2.0 hour class (6 class series)</b>	<b>\$82</b>	<b>\$73</b>

Paying for 2 or more classes per session the pricing is selected from Column (B)

e.g. Paying for 2 classes? 6 class series 1.5 hr class (\$65) + 6 class series 1.0 hr class (\$60)

e.g. Paying for 3 classes? 6 class series 1.0 hr class (\$60) + 6 class series 2.0 hr class (\$73) + 6 class series 1.5 hr class (\$65)

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

→ You save if you pay by the session, even if you are taking classes with more than one teacher.

→ If you have paid for a session and you miss a class you can come to any class at the same level during the same session as a make-up class.

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