











Session #2 SCHEDULE (October 23 – December 3, 2017)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:15am – 7:45am ALL LEVELS Kelly		6:30am – 7:45am ALL LEVELS Kelly	
	9:00 am – 10:00 am LEVEL 1 De	9:00am – 10:05am LEVEL 1 Annette	9:30am – 11:00am Aging Gracefully 2 Modified LEVEL 1,2 Missi	
11:00am – 12:00pm Aging Gracefully 1  Modified LEVEL 1 Missi	10:30am – 12:00pm LEVEL 1,2 Tracy	10:30am – 11:30am Chair Yoga Missi		10:30am – Noon ALL LEVELS Tegan
12:15pm – 1:15pm Pranayama LEVEL 2 Kelly	12:15 pm – 1:30 pm Women's Health ALL LEVELS Tracy	Energize with Lunch Time Yoga! 12:05 pm – 12:55 pm LEVEL 1 Nicole	Energize with Lunch Time Yoga! 12:05 pm – 12:55 pm LEVEL 1 Jessica	
4:00pm – 5:00pm  Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly	4:30pm – 6:00pm  Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly	4:00pm – 5:00pm Help for Feet & Knees Modified ALL LEVELS Kelly		4:00pm – 5:00pm Men's Class LEVEL 1,2 Ken
5:00pm – 6:00pm Gentle  Modified ALL LEVELS Kelly		5:00pm – 6:00pm Gentle  Modified ALL LEVELS Kelly	5:00pm – 6:00pm Gentle Transition Modified LEVEL 1,2 Tracy	5:15pm – 6:15pm PEACE PRACTICE BY DONATION 1ST FRIDAY/MONTH
6:30pm – 7:30pm LEVEL 1 De	6:00pm – 8:00pm LEVEL 3  Kelly	6:15 pm – 7:15 pm Restorative *NEW* Pranayama LEVEL 1 Tracy	6:00pm – 7:30pm LEVEL 2,3  Kelly	

 denotes classes are by REGISTRATION ONLY.

REGISTRATION FOR SESSION #2 OPENS October 9th.

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



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.

Women's Health (All Levels)
Through yoga postures and pranayama (breath work) we will explore the role of yoga in all phases of a woman's life.

Men's Class (Level 1,2)
Ken will introduce you to sequences of yoga postures designed to build and support strength, flexibility and balance.

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.

WHICH CLASS IS FOR ME?
For further info or to contact us go to iyengaryogananaimo.com

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.

Chair Yoga
For those with restricted mobility.

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+

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

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.

Feet & Knees: A class focused on feet & knee issues.

Peace Practice – All Levels Restorative
Invite deep relaxation and mental peace into your week in this one hour practice. Class is by donation.



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

2017 PRICING for Session #2 (Oct 23 – Dec 3, 2017) by the hour (drop in rates where applicable)

1.0 (or 1.25) hour class	\$14	student rate (\$10)
1.5 hour class	\$15	student rate (\$10)
2.0 hour class	\$17	student rate (\$12)

SAVE WHEN YOU PAY BY THE SESSION

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

Pricing Combo Examples for Session #1:

Paying for 1 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.