



Bend Over Backwards Yoga

2017 Summer Schedule

JUNE 19 to 23

MONDAY June 19	TUESDAY June 20	WEDNESDAY June 21	THURSDAY June 22	FRIDAY June 23
SUMMER SOLSTICE WEEK with Kelly				
6:30 am – 8:00 am daily				

STUDIO CLOSED JUNE 26 to JULY 2

JULY 3 to JULY 28 (4 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Class will run on Holiday Monday July 3</i> 6:30pm – 8:00pm LEVEL 1,2 De	6:15am – 7:45am ALL LEVELS Kelly	9:30 am – 10:30 am Pranayama Kelly	6:30am – 7:45am ALL LEVELS Kelly	10:30am – Noon ALL LEVELS Tegan
	9:30am – 11:00am LEVEL 1,2 De	10:35 am – 11:35 am GENTLE Kelly	12:00pm – 1:00pm LEVEL 1,2 Jessica	
	6:00pm – 8:00pm LEVEL 2,3 Tracy	12:00 pm – 1:00 pm LEVEL 1,2 Nicole	5:00pm – 6:00pm LEVEL 1, 2 Gentle Modified Annette	

JULY 31 to AUGUST 26 (4 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>Class will run on Holiday Monday August 7</i> 6:30pm – 8:00pm LEVEL 1,2 De	9:30am – 11:00am LEVEL 1,2 De	12:00 pm – 1:00 pm LEVEL 1,2 Nicole	12:00pm – 1:00pm LEVEL 1,2 Jessica
	6:00pm – 8:00pm LEVEL 2,3 Tracy	6:30pm – 8:00pm LEVEL 1,2 Nicole	5:00pm – 6:00pm LEVEL 1,2 Gentle Modified Annette

AUGUST 28 to September 1

MONDAY Aug 28	TUESDAY Aug 29	WEDNESDAY Aug 30	THURSDAY Aug 31	FRIDAY Sep 1
Welcome back!				
We've been studying and practising to give you a fresh start to the new yoga year. Join us!				
Early Birds with Kelly 6:30 am – 8:00 am daily			Student Retreat with Tracy 9:30 am – 11:30 am daily	



SUMMER PRICING AND CLASS DESCRIPTIONS

SUMMER PRICING: drop in rates unless otherwise noted		
1.0 hour class	\$12	student rate (\$10)
1.5 hour class	\$13	student rate (\$10)
2.0 hour class	\$15	student rate (\$12)

SUMMER CLASS DESCRIPTIONS

<p>Level 1,2 combined 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. AND Suitable for students who have Iyengar Yoga experience wishing to expand the number of poses learned and further develop inverted postures.</p> <p>Level 2,3 combined 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. AND For ongoing students working with all categories of poses on a regular basis who have a personal practice.</p> <p>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.</p> <p>Pranayama The study of yogic breath. Open to any students who attend Iyengar Yoga classes and want to develop a Pranayama practice.</p>	<p>Summer Solstice All Levels \$55/week or \$14 per class Welcome summer with yoga classes designed to soothe the nervous system and support strength, balance and flexibility.</p> <p align="center"><u>Modified Classes</u></p> <p>Gentle All Levels 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>Gentle Transition A Level 1,2 transitional class for students of any age that are ready for more standing work with less support.</p> <p align="center"><u>Welcome Back!</u> We've been studying and practising to give you a fresh start to the new yoga year. Join us!</p> <p>Early Birds All Levels \$55/week</p> <p>Student Retreat Level 1,2 \$60/week Asana, Pranayama, and Philosophy</p>
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