



SPECIAL
Winter Holiday Schedule
 Dec 3/18 to Jan 4/19



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TWO WEEK DROP IN WINTER SCHEDULE
December 3 -14, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:15am – 7:45am ALL LEVELS Kelly		6:30am – 7:45am ALL LEVELS Kelly	
	9:00am – 10:00am LEVEL 1 De	9:15am – 10:15am Aging Gracefully 1 Modified LEVEL 1 Missi	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 Aging Gracefully 1 Modified LEVEL 1 Missi		10:30am – 12:00pm LEVEL 1,2 Tracy
12:15pm – 1:15pm Pranayama LEVEL 2 Kelly	12:05pm – 12:55pm Beginners and more! LEVEL 1 Annette		12:05 pm – 12:55pm Energize with Lunch Time Yoga! LEVEL 1 Jessica	
1:30pm – 3:00pm Philosophy Tracy		4:00pm – 5:00pm Gentle Modified ALL LEVELS Kelly		4:00pm – 5:00pm Men's Class LEVEL 1,2 Tracy
4:00pm – 5:00pm Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly	5:00pm – 6:00pm Help for Back, Neck & Shoulders Modified ALL LEVELS Kelly	5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly	5:00pm – 6:00pm Beginners and more LEVEL 1 Annette	*5:00pm – 6:00pm PEACE PRACTICE BY DONATION December 7
5:00pm – 6:00pm Gentle Modified ALL LEVELS Kelly	6:00pm – 8:00pm LEVEL 3 Kelly	6:05pm – 7:05pm Pranayama LEVEL 1 Tracy	6:00pm – 7:30pm LEVEL 2,3 Kelly	SATURDAY/SUNDAY
6:30pm – 8:00pm LEVEL 1,2 De		7:10PM – 8:10PM LEVEL 1 Tracy		

denotes classes are by REGISTRATION ONLY. **REGISTRATION FOR TWO WEEK WINTER SCHEDULE OPENS November 26, 2018.**
 REGISTER FOR CLASSES AT <http://www.iyengaryogananaimo.com/contact/>

WINTER SOLSTICE WEEK
December 17 – 21, 2018

MONDAY DEC 17	TUESDAY DEC 18	WEDNESDAY DEC 19	THURSDAY DEC 20	FRIDAY DEC 21
	6:15am – 7:45am ALL LEVELS DE			
6:30pm – 8:00pm ALL LEVELS De	10:00am – 11:30am ALL LEVELS Tracy	5:00pm – 6:00pm GENTLE Modified ALL LEVELS Tracy	6:00pm – 7:30pm ALL LEVELS De	10:30am – 12:00pm ALL LEVELS Tracy

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



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*STUDIO CLOSED
DEC 22/18 TO JAN 2/19*



**NEW YEAR NEW BEGINNINGS
JANUARY 3 – 4, 2019**

THURSDAY JAN 3	FRIDAY JAN 4
6:30am – 8:00am ALL LEVELS Kelly	6:30am – 8:00am ALL LEVELS Kelly
5:00pm – 6:00pm Restorative/Gentle Kelly	5:00pm – 6:00pm Peace Practice Kelly

*NEW SESSION BEGINS
JANUARY 7, 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

What is Yoga? What is Iyengar Yoga? Why Yoga today?

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.

(8 week Level 1 Pranayama class will run Oct 24 to Dec 12, 2018)

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.

Men's Class

A one hour yoga class for Men.

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

DROP IN PRICING APPLIES DEC 3 – JAN 4

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)



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