

PRE-REGISTRATION REQUIRED
REGISTRATION BEGINS SEP 3



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Schedule September 11 to November 5, 2023

NEW 8 Week Session – REGISTRATION OPENS SEPTEMBER 3 (SUNDAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:15am – 7:45am ALL LEVELS Kelly* <i>9:00am – 10:00am</i> LEVEL 1,2 In Studio and ZOOM-online	<i>9:30am – 11:00am</i> Aging Gracefully Modified Level 1,2 ZOOM-online Missi	6:30am – 7:45am ALL LEVELS Kelly* <i>11:00am – 12:00pm</i> Chair Yoga Level 1 <i>Sheila</i> \$80 8 Week Session	11:00am – 12:00pm Pranayama LEVEL 1 Tracy In Studio and ZOOM-online
	<i>De Sep 12/19/26</i> 3 WEEKS \$42 ~ <i>Tracy Oct 3-31</i> 5 WEEKS \$70	10:00am – 11:15am Gentle Modified ALL LEVELS Annette		SATURDAY
12:15pm – 1:15pm Pranayama LEVEL 2 Kelly* 3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly* 5:00pm – 6:00pm Modified Level 1,2 Kelly* 6:30pm – 7:45pm ALL LEVELS IN Studio and ZOOM-online	10:30am – 12:00pm ALL LEVELS Tracy 12:15pm – 1:00pm 45 min NOONER Kelly* 3:30pm – 4:30pm Gentle Modified ALL LEVELS Annette <i>5:00pm – 6:00 pm</i> Active Chair Yoga <i>Angelina</i> <i>7:00pm – 8:00pm</i> Meditation <i>Charlotte</i> begins Sep 12	3:30pm – 4:30pm Gentle Modified ALL LEVELS Kelly 5:00pm – 6:00pm Modified Level 1,2 Kelly*	6:00pm – 7:30pm LEVEL 2,3 IN Studio and ZOOM-online <i>De Sep 14/21</i> 2 WEEKS \$32 ~ <i>Nicole Sep 28-Nov 2</i> 6 WEEKS \$108	SUNDAY
<i>De Sep 11/18/25</i> 3 WEEKS \$42 ~ <i>Nicole Oct 2/16/30</i> 3 WEEKS \$42 NO CLASS OCT 9/23				Family Yoga-Karen <i>the second Sunday of</i> <i>each month</i> <i>beginning Sept 10</i> Younger Children: <i>10:00-10:45</i> Older Children: <i>11:00-12:00</i> Meditation with Charlotte Barat (Banyan Meditation) the fourth Sunday of <i>each month</i> <i>10 am to Noon</i> <i>Begins</i> <i>Tues-Sep 12</i> (7 to 8 pm)

Payment is by e-transfer to the specific teacher. Go to website iyengaryogananaimo.com for more details including current COVID-19 protocols for In Studio Classes (*Denotes mask required.)

and what you need to do before you log into a Zoom class.

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

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CLASS DESCRIPTIONS AND PRICING

ASANA CLASSES – Iyengar Yoga

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.

Deepen Your Practice Level 2,3

Deepen your experience with a longer practice session for Level 2,3 students.

Level 3

For ongoing students working with all categories of poses on a regular basis who have a personal practice.

All Levels (Level 1-3)

Students are guided to work safely and appropriately at their current level.

RESTORATIVE – Iyengar Yoga

Invite deep relaxation and mental peace into your week in this one-hour class. Beginners welcome.

PRANAYAMA CLASSES – Iyengar Yoga

The study of yogic breath. Pranayama is introduced in all levels of classes. A minimum of 6 months of Asana to prepare the body is recommended before beginning Pranayama.

Pranayama Level 1 - Open to any student who attends Iyengar Yoga classes and want to develop a Pranayama practice.

Pranayama Level 2 - For students who have at least 1 year of Pranayama practice in the Iyengar Tradition.

MODIFIED ASANA CLASSES – Iyengar Yoga

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 1,2

Aging Gracefully 1,2: 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.

ACTIVE CHAIR YOGA with ANGELINA

With the support of a chair, we sit, stand, lie down, and use props to perform regular yoga postures. This helps to build strength and flexibility, relieve stiffness, and promote peace of mind.

CHAIR YOGA with SHEILA

Chair Yoga includes some standing to develop balance.

To register for Chair Yoga contact Sheila at smcrampton@gmail.com or 250-668-7725

Chair Yoga Classes \$80 for an 8-week session.

FAMILY YOGA with KAREN

Families with at least one adult and one child. Classes are designed to help connect and nurture family members through fun and relaxation. Be prepared to play!

Bring a yoga mat and a blanket.

To register for Family Yoga contact Karen at Karenjames@shaw.ca

\$10.00 for each adult and \$5.00 for each child

MEDITATION with Charlotte

Throughout the year 2023-2024, Charlotte and her students will explore together the 4 foundations of mindfulness, meaning mindfulness of the breath (or other anchors) and mindfulness of the body, mindfulness of thoughts, mindfulness of emotions and mindfulness of the process of life itself.

For more info/to register

contact Charlotte at charlottebarat@gmail.com

Pricing is based on registration for the full 8-week session.

***All classes are to be by pre-registration only. Drop-ins need to be pre-approved.**

1.0 (or 1.25) hour class	\$14 (8-week session = \$112)	\$16 when drop-in is accommodated
1.5 hour class	\$16 (8-week session = \$128)	\$18 when drop-in is accommodated
2.0 hour class	\$18 (4-week session = \$72)	\$20 when drop-in is accommodated

***Pricing is to be pro-rated for classes scheduled to run less than the 8-week session.**

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