

DANCE, YOGA, PILATES
Yoga
YOGA – FIFTY AND BETTER

All levels are welcome to this Iyengar yoga class. Meet new people and work together to improve your posture, flexibility, strength and endurance. Connect your mind, body and spirit while experiencing the joy of yoga.

Dates	Day	Time	Instructor	Member	Non-Member
Sept 10-Oct 29 Nov 5-Dec 17	Friday	10:30-11:55 am	Jeannette Merryfield	8/\$52 7/\$47	8/\$88 7/\$77
Sept 7-Oct 26 Nov 2-Dec 14	Tuesday	10:30-11:55 am	Wendy Boyer	7/\$47	7/\$77

YOGA – IYENGAR LEVEL 1

Beginner Iyengar: This approach to yoga creates a dynamic balance between flexibility, strength and endurance with an emphasis on precision of movement and correct body alignment. The practice of yoga promotes health, vitality, concentration and relaxation through the integration of body, mind and spirit.

Dates	Day	Time	Instructor	Member	Non-Member
Sept 9-Oct 28 Nov 4-Dec 16	Thursday	5:00-6:25 pm	James Currie-Johnson	8/\$52 6/\$39	8/\$88 6/\$66
Sept 8-Oct 27 Nov 3-Dec 15	Wednesday	9:00-10:25 am <i>or</i> 5:30-6:55 pm	Lauren Cox Jayne Jonas	7/\$47	7/\$77

YOGA – IYENGAR LEVEL 2

Intermediate

Dates	Day	Time	Instructor	Member	Non-Member
Sept 9-Oct 28 Nov 4-Dec 16	Thursday	6:30-8:25 pm	Ty Chandler	8/\$68 6/\$51	8/\$108 6/\$63

REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9
REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4

Classes will be cancelled 48 hours prior to start date if insufficient registration is received.

Don't delay — register today!

No classes on statutory holidays

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
Phone: 250.386.7511 Fax: 250.380.1933

**YOGA –
POWER FLOW**

All Levels. Invigorating, challenging and appealing to active people of all ages and abilities. This practice combines flowing movement sequences of traditional postures with breath work and mind/body awareness – a benefit for people recovering from injuries as well as those who want to prevent injury, enhance their fitness program and/or athletic performance, or just want to tone and hone their body and mind.

Dates	Day	Time	Instructor	Member	Non-Member
Sept 7-Oct 26 Nov 2-Dec 14	Tuesday	5:00-6:25 pm	Jaela Shockey	8/\$52 7/\$47	8/\$88 7/\$77
Sept 8-Oct 27 Nov 3-Dec 15	Wednesday	7:00-8:25 pm	Deane Studer	8/\$52 7/\$47	8/\$88 7/\$77

**YOGA –
RESTORATIVE**

All levels welcome.

Dates	Day	Time	Instructor	Member	Non-Member
Sept 10-Oct 29 Nov 5-Dec 17	Friday	1:30-2:55 pm	Ty Chandler	8/\$52 7/\$47	8/\$88 7/\$77

**YOGA – EARLY
MORNING**

Wake up with this dynamic intermediate yoga class and challenge your flexibility, strength and endurance. You will improve your movement, posture, concentration and ability to relax – a great way to start your day!

Dates	Day	Time	Instructor	Member	Non-Member
Sept 8-Oct 27 Nov 3-Dec 15	Wednesday	7:00-7:55 am	Ty Chandler	7/\$39	7/\$70

YOGA – NOON

Iyengar Yoga. All levels welcome.

Dates	Day	Time	Instructor	Member	Non-Member
Sept 7-Oct 26 Nov 2-Dec 14	Tuesday	12:00-12:55 pm	Wendy Boyer	7/\$39	7/\$70
Sept 8-Oct 27 Nov 3-Dec 15	Wednesday	12:00-12:55 pm	Jeannette Merryfield	7/\$39	7/\$70

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