

YOGA

Iyengar Yoga

Iyengar Yoga: 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. All Iyengar teachers are experienced and well trained under the high standards demanded by the Canadian Iyengar Yoga Teachers' Association.

Pre-natal Yoga: Healthy pregnant women who are new to yoga should register in Gentle, Restorative or Level 1 classes. Please inform the teacher.

NOON YOGA							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	May 6-June 17 July 8-August 19	Tuesday	12:00-12:55pm	Wendy Boyer	DTY	7/\$28 7/\$28	7/\$43 7/\$43
	May 7-June 18 July 2-August 20	Wednesday	12:00-12:55pm	Karin Holtkamp	DTY	8/\$32 8/\$32	8/\$49 8/\$49
FIFTY AND BETTER							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	May 6-June 17 July 8-August 19	Tuesday	10:30-11:55am	Wendy Boyer	DTY	7/\$39 7/\$39	7/\$63 7/\$63
	May 7-June 18 July 2-August 20	Wednesday	10:30-11:55am	Karin Holtkamp	DTY	7/\$39 8/\$44	7/\$63 8/\$72
	May 9-June 20 July 4-August 22	Friday	10:30-11:55am	Jeannette Merryfield	DTY	7/\$39 8/\$44	7/\$63 8/\$72
EARLY MORNING YOGA							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	April 30-June 18 July 2-July 23	Wednesday	7:00-7:55am	Ty Chandler	DTY	8/\$32 4/\$16	8/\$49 4/\$25
YOGA FOR STIFF PEOPLE							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Beginner	May 11-June 22	Sunday	9:00-10:25am	Karin Holtkamp	DTY	7/\$39	7/\$63
IYENGAR YOGA LEVEL 1							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Beginner	May 7-June 18	Wednesday	9:00-10:25am	Lauren Cox	DTY	7/\$39	7/\$63
	May 7-June 18 July 2-August 20	Wednesday	5:30-6:55pm	Karin Holtkamp	DTY	7/\$39 8/\$44	7/\$63 8/\$72
	May 8-June 19	Thursday	5:30-6:55pm	James Currie-Johnson	DTY	7/\$39	7/\$63
	May 9-June 20 July 4-August 22	Friday	9:00-10:25am	Jeannette Merryfield	DTY	7/\$39 8/\$44	7/\$63 8/\$72

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

**IYENGAR
YOGA LEVEL 2**

	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	May 1-June 19 July 3-July 24	Thursday	7:00-8:55pm	Ty Chandler	DTY	8/\$44 4/\$22	8/\$72 4/\$36

YOGA
Restorative Yoga
**RESTORATIVE
YOGA**

	Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	May 2-June 20 July 4-July 25	Friday	1:30-2:55pm	Ty Chandler	DTY	8/\$44 4/\$22	8/\$72 4/\$36

**WOMEN'S
RESTORATIVE
YOGA**

This gentle practice has proved beneficial for people with health challenges including stress, anxiety, depression, fibromyalgia, chronic fatigue and cancer.

	Dates	Day	Time	Instructor	Location	Fee
Beginner to Intermediate	April 28-June 16 June 15-August 11	Monday	6:00-7:30pm	Mary Jane Collins	VWY	7/\$48 7/\$48
	May 1-June 19 June 26-August 14	Thursday	6:00-7:30pm	Mary Jane Collins	VWY	8/\$55 8/\$55

**BACK CARE
BASICS**

For chronic back problems. Re-educate your posture and movement to strengthen the muscles that support the spine and increase body awareness through breathing and relaxation.

	Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	May 8-June 19	Thursday	4:30-5:25pm	James Currie- Johnson	DTY	7/\$28	7/\$43



Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

PLEASE NOTE:

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

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

Vic West Y
521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 Fax: 250.388.6455

YOGA

Power Flow Yoga

Power Flow Yoga: 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.

POWER FLOW YOGA		Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	April 29-June 17 July 8-August 19	Tuesday	5:00-6:25pm	Kristin Vandelloo	DTY	8/\$44 7/\$39	8/\$72 7/\$63	
	April 30-June 18 July 2-August 20	Wednesday	7:00-8:25pm	Deane Studer	DTY	8/\$44 8/\$44	8/\$72 8/\$72	
	April 30-June 18 June 25-August 13	Wednesday ♦	5:30-7:00pm	Megan Tomlinson	VWY	Fee: 8/\$55 8/\$55	8/\$55 8/\$55	
♦ Drop-in: \$9.50 including GST VWY only								

YOGA FOR ATHLETES		Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	April 29-June 17 July 8-August 19	Tuesday	6:30-7:55pm	Kristin Vandelloo	DTY	8/\$44 7/\$39	8/\$72 7/\$63	

YOGA

Hatha Yoga

Hatha Yoga links movement and breath to balance body and mind. Secondary benefits include improved strength and flexibility, and an overall sense of well-being.

HATHA YOGA		Dates	Day	Time	Instructor	Location	Member	Non-Member
All levels	April 28-June 16 July 7-August 18	Monday	4:00-5:25pm	Cat Beaulac	DTY	7/\$39 6/\$33	7/\$63 6/\$54	



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YOGA

Drop-in

YOGA

NEW!

All levels

Dates	Day	Time	Instructor	Location	Member	Non-Member
Ongoing	Tuesday	9:00-9:55am	Laurie Piazza	DTY	Included	\$9.50 including GST
Ongoing	Thursday	7:00-7:55am	Michelle Ray	DTY	Included	\$9.50 including GST

YOGA FIT

NEW!

All levels

Dates	Day	Time	Instructor	Location	Member	Non-Member
Ongoing	Thursday	12:00-12:55pm	Jenna Lewis	DTY	Included	\$9.50 including GST

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