

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	January 8-February 26 March 4-April 22	Tuesday	12:00-12:55pm	Wendy Boyer	DTY	8/\$32 8/\$32	8/\$49 8/\$49
	January 9-February 27 March 5-April 23	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	January 8-February 26 March 4-April 22	Tuesday	10:30-11:55am	Wendy Boyer	DTY	8/\$44 8/\$44	8/\$72 8/\$72
	January 9-February 27 March 5-April 23	Wednesday	10:30-11:55am	Karin Holtkamp	DTY	8/\$44 8/\$44	8/\$72 8/\$72
	January 11-February 29 March 7-April 22	Friday	10:30-11:55am	Jeannette Merryfield	DTY	8/\$44 7/\$39	8/\$72 7/\$63
EARLY MORNING YOGA							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	January 9-February 27 March 5-April 23	Wednesday	7:00-7:55am	Ty Chandler	DTY	8/\$32 8/\$32	8/\$49 8/\$49
IYENGAR YOGA LEVEL 1							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Beginner	January 9-February 27 March 5-April 23	Wednesday	9:00-10:25am	Lauren Cox	DTY	8/\$44 8/\$44	8/\$72 8/\$72
	January 9-February 27 March 5-April 23	Wednesday	5:30-6:55pm	Karin Holtkamp	DTY	8/\$44 8/\$44	8/\$72 8/\$72
	January 10-February 6 March 6-April 24	Thursday	5:30-6:55pm	James Currie-Johnson	DTY	8/\$44 8/\$44	8/\$72 8/\$72
	January 11-February 29 March 7-April 22	Friday	9:00-10:25am	Jeannette Merryfield	DTY	8/\$44 7/\$39	8/\$72 7/\$63

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

**IYENGAR YOGA
LEVEL 2**

Intermediate	Dates	Day	Time	Instructor	Location	Member	Non-Member
	January 10-February 6 March 6-April 24	Thursday	7:00-8:55pm	Ty Chandler	DTY	8/\$44 8/\$44	8/\$72 8/\$72

YOGA
Restorative Yoga
**RESTORATIVE
YOGA**

All levels	Dates	Day	Time	Instructor	Location	Member	Non-Member
	January 11-February 29 March 7-April 22	Friday	1:30-2:55pm	Ty Chandler	DTY	8/\$44 7/\$39	8/\$72 7/\$63

**RESTORATIVE
YOGA / QI GONG**

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

Beginner to Intermediate	Dates	Day	Time	Instructor	Location	Fee
	January 7-February 25 March 3-April 21	Monday	12:00-1:30pm	Mary Jane Collins	VWY	8/\$55 7/\$49

Drop-in: \$9.50 including GST

**RESTORATIVE
YOGA / QI GONG**

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

Beginner to Intermediate	Dates	Day	Time	Instructor	Location	Fee
	January 10-February 6 March 6-April 24	Thursday	6:00-7:30pm	Mary Jane Collins	VWY	8/\$55 8/\$55

Drop-in: \$9.50 including GST

**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.

All levels	Dates	Day	Time	Instructor	Location	Member	Non-Member
	January 10-February 26 March 6-April 24	Thursday	4:30-5:25pm	James Currie-Johnson	DTY	8/\$32 8/\$32	8/\$49 8/\$49

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.

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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	January 8-February 26 March 4-April 22	Tuesday	5:00-6:25pm	Kristin Vandelloo	DTY	8/\$44 8/\$44	8/\$72 8/\$72	
	January 9-February 27 March 5-April 23	Wednesday	7:00-8:25pm	Deane Studer	DTY	8/\$44 8/\$44	8/\$72 8/\$72	
	January 9-February 27 March 5-April 23	Wednesday ♦	5:30-6:55pm	Megan Tomlinson	VWY	Fee: 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	January 8-February 26 March 4-April 22	Tuesday	6:30-7:55pm	Kristin Vandelloo	DTY	8/\$44 8/\$44	8/\$72 8/\$72	

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	January 15-February 26 March 4-April 22	Tuesday ♦	5:30-6:25pm	Cat Beaulac	VWY	Fee: 7/\$49 8/\$55		
	January 7-February 25 March 3-April 21	Monday	4:00-5:25pm	Karen Robinson	DTY	8/\$44 7/\$39	8/\$72 7/\$63	
♦ Drop-in: \$9.50 including GST VWY only								



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.

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

Drop-in

YOGA		Dates	Day	Time	Instructor	Location	Member	Non-Member
NEW!								
All levels			Tuesday	9:00-9:55am		DTY	Included	\$9.50 including GST
			Thursday	7:00-7:55am		DTY	Included	\$9.50 including GST

YOGA FIT		Dates	Day	Time	Instructor	Location	Member	Non-Member
NEW!								
All levels			Thursday	12:10-12:55pm		DTY	Included	\$9.50 including GST

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