

YOGA
Yoga
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
July 7-July 28	Wednesday	7:00-7:55 am	Ty Chandler	4/\$20	4/\$49

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
July 6-August 24	Tuesday	10:30-11:55 am	Jeannette Merryfield	8/\$52	8/\$88
July 9-August 27	Friday	10:30-11:55 am	Wendy Boyer	8/\$52	8/\$88

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
July 7-August 25	Wednesday	5:30-6:55 pm	Jayne Jonas	8/\$52	8/\$88
July 8-August 26	Thursday	5:30-6:55 pm	James Currie-Johnson	8/\$52	8/\$88

YOGA – IYENGAR LEVEL 2

Intermediate

Dates	Day	Time	Instructor	Member	Non-Member
July 8-July 29	Thursday	7:00-8:55 pm	Ty Chandler	4/\$34	4/\$54

REGISTRATION FOR JULY 5 TO AUGUST 29 SESSION STARTS JUNE 7

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

DTY = Downtown Y VVWY = 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 – NOON						
Iyengar Yoga. All levels welcome.						
Dates	Day	Time	Instructor	Member	Non-Member	
July 6-August 24	Tuesday	12:00-12:55 pm	Wendy Boyer	8/\$44	8/\$80	

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	
July 6-August 24	Tuesday	5:00-6:25 pm	Kristin Vandelloo	8/\$52	8/\$88	
July 7-August 25	Wednesday	7:00-8:25 pm	Deane Studer	8/\$52	8/\$88	

YOGA – RESTORATIVE						
All levels welcome.						
Dates	Day	Time	Instructor	Member	Non-Member	
July 9-July 30	Friday	1:30-2:55 pm	Ty Chandler	4/\$26	4/\$44	

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