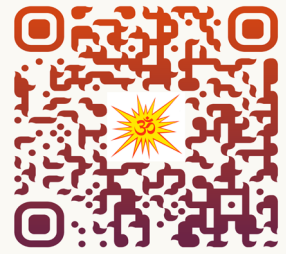




SunSpark Yoga

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QR CODE: ONLINE SCHEDULE



Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
9:30 - 10:30 AM	Gentle Therapeutic Yoga <i>(NEW! Begins 1/10/22)</i>	Ashley Arróliga Laurenzi	Gentle
5:30 - 6:30 PM	Gentle Yoga Stretch	Laura Paulsell	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliever	Active
Tuesday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
5:30 - 6:30 PM	Stretch, Roll & Strengthen	Heather Westenhofer	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Laura Paulsell	Gentle
11:45 AM - 12:30 PM	Pilates: Tone & Strengthen <i>(NEW! Begins 1/5/22)</i>	Kira Bartoli	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Heather Westenhofer	Active
6:45 - 7:45 PM	Gentle Yoga Stretch	Laura Paulsell	Gentle
8:00 - 9:15 PM	Vinyasa/Hatha Flow All Levels	Kristin Barton	Active
Thursday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
9:15 - 10:30 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
5:30 - 6:30 PM	Guided Yoga Nidra & Sound Meditation	Ernie/Stacey	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliever	Active
Friday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
9:30 - 10:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
4:30 - 5:45 PM	Meditative Flow	Laura Paulsell	Active
Saturday	Class	Instructor	Level
8:30 - 9:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
9:45 - 11:00 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Level
9:00 - 10:00 AM	"Easy Like Sunday Morning" Flow	Heather Westenhofer	Active
4:30 - 5:45 PM	Meditative Flow	Hannah Webster	Active

Schedule subject to change. Please see www.sunsparkyoga.com/schedule for up to date information.

INTRODUCTORY Special: 3 Classes for \$30



Stay safe and healthy. Take care of yourself, each other, our community, and the world.



Class Descriptions

Guided Yoga Nidra & Sound Meditation Powerful combination that systematically guides you through each layer of being, including physical, energetic, mental, emotional & spiritual layers. Inclusive practice helps to reduce stress and anxiety, revitalize energy, calm the mind & increase creativity. No meditation or yoga experience necessary. All levels welcome.

Gentle Therapeutic Yoga Peaceful class combining gentle & playful movements for flexibility, mobility & stamina with a variety of tools from yoga. Taught by a C-IAYT Yoga Therapist who will safely guide trauma survivors, students with specific health conditions, those healing from injuries & anyone wanting to slow down and move with more intention. Majority of practice is taught using props for support & an enhanced experience. Learn tools for your unique self to bring physical & mental relief such as body awareness, breath engagement & meditation.

Gentle Yoga Stretch Explore the fundamental principles of yoga combining elements of Yin, Restorative & Hatha Yoga to develop & strengthen body's core center while improving coordination, mental clarity & flexibility. Especially great if you are new to yoga, have injuries, recent surgeries, health issues, or want a slower, gentler practice to open & awaken body & mind.

Stretch, Roll & Strengthen Soothe and strengthen the body & mind through yoga poses, breathwork, therapy ball rolling & functional movement. Both active & gentle modifications are offered & all body types & abilities are welcome. Please bring two tennis balls or similar size therapy balls & any other props (such as a blanket or yoga blocks) you have in your personal yoga toolkit.

Meditative Flow Class begins with gentle stretches & slow, flowing sun salutations, working up to standing & balancing poses, as well as core work to strengthen your body, increase your stamina & flexibility, while still providing thorough instruction. Classes end with restorative poses to help relax & rejuvenate your body, mind & spirit. All levels welcome.

"Easy Like Sunday Morning" Flow Calm the mind, energize the body & find joy in the present with this gentle flow practice. Explore breath work, intention setting, mudras & connection to divine while linking seated & standing postures. Move beyond asana to create lasting change in your life both on & off the mat.

Vinyasa/Hatha Flow All Levels Build strength & stamina in body & mind, striking a balance between flowing Vinyasa & longer holds of Classical Hatha Yoga. Postures linked with breath to facilitate opening & release. Mixed level class is excellent for beginners to advanced practitioners. We invite you to have fun, honor your body & work at your own pace!

Mat Pilates: Tone & Strengthen Mat-work class that blends classical Pilates & body conditioning drills to build core, strength, flexibility & total body workout. All levels welcome.