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Weekly Class Schedule

Monday	Class	Tuesday	Class Level
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Philip Sadler	Active
9:30 AM - 10:30 AM	Yoga Stretch <i>(New Class begins 12/16!)</i>	Hilda Loury	Gentle
12:00 PM - 12:50 PM	Pilates Fusion	Renee Schwan	Active
4:15 PM - 5:30 PM	Vinyasa/Hatha Flow - All Levels	Heather Westenhofer	Active
5:45 PM - 7:00 PM	Ashtanga Flow	Sarah Mitchell	Active
7:15 PM - 8:30 PM	Restorative Yoga & Sound Meditation	Renee Schwan	Gentle
Tuesday	Class	Instructor	Class Level
6:00 AM - 7:15 AM	Sunrise Flow - All Levels	Renee Schwan	Active
8:00 AM - 9:00 AM	Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	Vinyasa/Hatha Flow - All Levels	Taylor Alexander	Active
5:45 PM - 7:00 PM	Yoga Stretch	Heather Westenhofer	Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Class Level
5:30 AM - 6:45 AM	Sunrise Flow - All Levels	Whitney Wheelan	Active
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Heather Dragaset	Active
9:30 AM - 10:30 AM	Yoga Stretch	Carol Ann Soltz	Gentle
5:45 PM - 7:00 PM	Flow & Restore - All Levels	Stacey Schuerman	Active/Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Ananda Bhai	Active
Thursday	Class	Instructor	Class Level
6:00 AM - 7:15 AM	Sunrise Flow - All Levels	Renee Schwan	Active
8:00 AM - 9:00 AM	Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	No Flow Stationary Sequence	Stacey Schuerman	Active
5:45 PM - 7:00 PM	Yoga Stretch	Kelly Bustany	Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Suzanne La Roque	Active
Friday	Class	Instructor	Class Level
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Taylor Alexander	Active
9:30 AM - 10:30 AM	Yoga Stretch & Nidra Meditation	Stacey Schuerman	Gentle
12:00 PM - 12:50 PM	Pilates Fusion	Sarah Gertler	Active
4:30 PM - 5:45 PM	Warrior Flow	Corey Moran	Active
Saturday	Class	Instructor	Class Level
8:30 AM - 9:30 AM	Yoga Stretch	Stacey Schuerman	Gentle
9:45 AM - 11:00 AM	Vinyasa/Hatha Flow - All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Class Level
8:00 AM - 9:00 AM	Easy Like Sunday Morning Flow	Heather Westenhofer	Active/Gentle
9:15 AM - 10:15 AM	Sound Meditation	Ernie Schuerman	Gentle
10:30 AM - 11:30 PM	Yoga Stretch	Corey Moran	Active
4:30 PM - 5:45 PM	Flow & Restore - All Levels	Sage Maki	Active/Gentle

Locals Only New Client Special - 2 Weeks Unlimited Classes \$18!!!

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



Class Descriptions



Sound Meditation During this hour-long savasana, experience the synergistic powers of sound, music, & vibration created with singing bowls, gongs, percussion & other instruments. Sound meditation supports healing & balance in the subtle & physical bodies. The nature of sound & vibration can open one's mind to higher possibilities & states of harmony. No meditation or yoga experience necessary. All levels welcome.

Restorative Yoga & Sound Meditation Open your body & let go of life's stress with gentle movements, stretches & supportive poses to relax nervous system, release chronic tension & find deep relaxation. Complement to more vigorous classes & designed for rejuvenation & treating fatigue. Appropriate for all levels & excellent for seniors with limited mobility, prenatal & postnatal mothers, students with chronic illness or injuries, or those newer to yoga.

Yoga Stretch Explores 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. All levels welcome.

Stretch & Nidra Meditation Begins with gentle stretches to open the body, ending with a Restorative Pose and Guided Yoga Nidra Meditation. Nidra, meaning "sleep of the yogi," is a relaxation technique where you are guided through different sensations in body &/ breath while remaining in a state of relaxed awareness to release deeply held tensions.

Flow & Restore – All Levels Gentle flow movements including sun salutations work out the kinks during first half of class to prepare for yin/restorative postures. For beginners as well as advanced yoga practitioners to compliment a more intense practice, this class will help you find your bliss through movement, stillness & inspiration!

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

No Flow Stationary Sequence A full body sequence of postures for beginners to advanced practitioners. Postures promote strength & flexibility while fostering deeper levels of concentration. Recommended for students who want to strengthen & balance mind & body while developing a strong foundation. All levels welcome.

Sunrise Flow - All Levels What a great way to start the day! This energizing class opens and awakens the body and mind in preparation for the day ahead. Build strength and stamina in body and mind, striking a balance between flowing Vinyasa and longer holds of Classical Hatha Yoga. Postures are linked with breath to facilitate opening and release. This mixed level class is excellent for beginners to advanced. We invite you to have fun, honor your body, and work at your own pace!

Vinyasa/Hatha Flow – All Levels Mixed level class excellent for beginners to advanced. 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. We invite you to have fun, honor your body & work at your own pace!

Warrior Flow Strong yoga flow class inspired by the elements of traditional Vinyasa Flow, Thai Chi & Martial Arts movements. Build strength & stamina in body & mind, while moving through both familiar & new unexplored ways with agility & grounding. We invite you to have fun, honor your body & work at your own pace!

Ashtanga Flow Energetic, rigorous flow derived from traditional Ashtanga Primary Series, begins with Vinyasa series to warm body followed by standing & seated postures, focusing on deep forward folds & twists.

Pilates Fusion Matwork class that blends classical Pilates, Yoga & body conditioning drills to build core, strength, flexibility & total body workout. All levels welcome.