



# SunSpark Yoga

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www.sunsparkyoga.com

Facebook: sunsparkyogastudio

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QR CODE: ONLINE SCHEDULE



## Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
11:45 AM - 12:30 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Taylor Shore	Active
6:45 - 7:45 PM	Gentle Restorative Yoga	Heather Westenhofer	Gentle
Tuesday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
11:45 AM - 12:30 PM	Core Strength Yoga	Stacey Schuerman	Active
5:30 - 6:30 PM	Stretch, Roll & Strengthen	Heather Westenhofer	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Kristin Barton	Active
Wednesday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
9:15 - 10:30 AM	Vinyasa/Hatha Flow All Levels	Bella Caspersen	Active
11:45 AM - 12:30 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Heather Westenhofer	Active
6:45 - 7:45 PM	Yin/Restorative Yoga <i>(NEW! Begins 9/20)</i>	Leah Hunter	Gentle
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
11:45 AM - 12:30 PM	Core Strength Yoga	Alisha Vasquez	Active
5:30 - 6:30 PM	Gentle Yoga Stretch	Hailey Smith	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
11:45 AM - 12:30 PM	Core Strength Yoga	Kristin Barton	Active
4:30 - 5:45 PM	Flow & Restore All Levels	Josie Say	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	Flow & Restore All Levels	Leah Hunter	Active

Schedule subject to change. Please see [www.sunsparkyoga.com/schedule](http://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 to systematically guide through each layer of being, including physical, energetic, mental, emotional & spiritual layers. Inclusive practice to reduce stress & anxiety, revitalize energy, calm the mind & increase creativity. No experience necessary.

**Gentle Restorative Yoga** Open your body & let go of life's stress with some gentle movements & deep stretching followed by a series of supportive poses using blankets & blocks to relax the nervous system, release chronic tension & find deep relaxation. Great complement to our more vigorous classes, designed for rejuvenation & treating fatigue. All levels welcome.

**Yin/Restorative Yoga** Unwind, let go of the day & relax body & mind while moving through gentle long-hold stretches for myofascial release & increased range of motion in joints. Yin has a strong meditative focus, allowing one to observe, stay with sensation & honor the body. From Yin, class evolves into a Restorative practice focused on soothing the nervous system & releasing chronic tension to allow deep relaxation, using supportive props provided by SunSpark. Strong focus on slowing down, turning awareness inward & rejuvenating body. Great complement to active classes with all levels welcome.

**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 & strengthen body & mind through yoga poses, breathwork, therapy ball rolling & functional movement. Both active & gentle modifications are offered & all body types & abilities are welcome.

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

**"Easy Like Sunday Morning" Flow** Calm mind, energize body & find joy in the present with a gentle flow practice. Explore breath work, intention setting, mudras & divine connection 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!

**Core Strength Yoga** Core-focused Vinyasa flow class that blends traditional yoga poses & strength training using your own body weight, free weights & various props to ignite your inner fire as you find balance, endurance & focus from deep within. All levels welcome.

**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.