



SunSpark Yoga

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QR CODE: ONLINE SCHEDULE



Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
8:00 AM - 9:15 AM	Mindful Morning - All Levels	Heather Westenhofer	Active
11:45 AM - 12:30 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:45- 6:45 PM	Vinyasa/Hatha Flow All Levels	Kristin Barton	Active
7:00 - 8:00 PM	Restorative Gentle Flow	Emily Dunn	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	Josie Say	Active
5:45- 6:45 PM	Stretch, Roll & Strengthen	Josie Say	Gentle
7:00 - 8:15 PM	Vinyasa/Hatha Flow All Levels	Kristin Barton	Active
Wednesday	Class	Instructor	Level
6:30 - 7:30 AM	Sunrise Flow All Levels	Josie Say	Active
8:00 - 9:00 AM	Gentle Yoga Stretch	Susan Hobbs	Gentle
11:45 AM - 12:30 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:45- 6:45 PM	Vinyasa/Hatha Flow All Levels	Froilan Diaz	Active
7:00 - 8:00 PM	Gentle Yoga Stretch	Susan Hobbs	Gentle
Thursday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
9:15 - 10:30 AM	Yoga Foundations Flow All Levels	Delaney Benson	Active
11:45 AM - 12:30 PM	Core Strength Yoga	Alisha Vasquez	Active
5:45- 6:45 PM	Gentle Yoga Stretch	Hailey Smith	Gentle
7:00 - 8:15 PM	Vinyasa/Hatha Flow All Levels	Susan Hobbs	Active
Friday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
10:00 AM - 11:00 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
11:45 AM - 12:30 PM	Core Strength Yoga	Kristin Barton	Active
4:30 - 5:45 PM	Flow & Restore All Levels	Stacey Schuerman	Active/Gentle
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	Monica Trikha	Active
4:30 - 5:45 PM	Flow & Restore All Levels	Susan Hobbs	Active/Gentle

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

INTRODUCTORY Special: 3 Classes for \$33

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.

Restorative Gentle Flow Open your body & let go of life's stress with some gentle standing flowing movements & seated stretches followed by 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.

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. All levels welcome.

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 supportive 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 and the balance of movement and stillness linking seated & standing postures. Move beyond asana to create lasting change in your life both on & off the mat.

Mindful Morning Start your week with a mindful yoga practice to hold you in times of great change that includes wisdom from yoga philosophy, an active asana flow with options for all levels, supported by breathwork and meditation, to develop tools for self-regulation and connection both on and off the mat.

Yoga Foundations Flow All Levels Learn fundamentals of yoga asanas (postures) with healthy alignment & modifications. Practice seated poses and standing poses, such as Mountain, Warrior, Downward Facing Dog & Sun Salutations. Perfect class for beginners, or anyone wanting to refine the basics & techniques. All levels welcome.

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 45-minute 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.