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VIRTUAL Weekly Class Schedule

Monday	Class	Instructor	Level	Virtual Space
12:00 PM	Pilates Fusion	Sarah Gertler	Active	Instagram
4:30 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle	Facebook/Instagram
5:45 PM	Ashtanga Flow	Sarah Mitchell	Active	Facebook
Tuesday	Class	Instructor	Level	Virtual Space
9:30 AM	Gentle Flow w/Meditation	Simon Ballard	Active	Instagram
5:45 PM	Gentle Yoga Stretch	Heather Westenhofer	Gentle	Facebook
7:15 PM	Vinyasa/Hatha Flow w/Soundscapes	Stacey & Ernie Schuerman	Active	Facebook/Instagram
Wednesday	Class	Instructor	Level	Virtual Space
7:30 AM	15 Minute Morning Meditation	Philip Sadler	Gentle	Facebook
12:00 PM	All Levels Power Flow	Alisha Vasquez	Active	Facebook/Instagram
5:45 PM	Yoga Nidra & Sound Meditation	Stacey & Ernie Schuerman	Gentle	Facebook/Instagram
Thursday	Class	Instructor	Level	Virtual Space
9:30 AM	Ashtanga Flow	Brenna Shannon	Active	Facebook
12:00 PM	No Flow Stationary Sequence	Stacey Schuerman	Active	Facebook/Instagram
5:45 PM	Gentle Yoga Stretch	Josie Say	Gentle	Facebook/Instagram
Friday	Class	Instructor	Level	Virtual Space
9:30 AM	Qi Gong & Yin Yoga	Simon Ballard	Gentle	Instagram
12:00 PM	Pilates Fusion	Sarah Gertler	Active	Instagram
5:00 PM	Vinyasa/Hatha Flow - All Levels	Shannon Moynour	Active	Instagram
Saturday	Class	Instructor	Level	Virtual Space
8:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle	Facebook/Instagram
10:00 AM	Vinyasa/Hatha Flow w/Soundscapes	Stacey & Ernie Schuerman	Active	Facebook/Instagram
4:30 PM	Vinyasa/Hatha Flow - All Levels	Whitney Wheelan	Active	Instagram
Sunday	Class	Instructor	Level	Virtual Space
8:00 AM	Easy Like Sunday Morning Flow	Heather Westenhofer	Active	Facebook
10:00 AM	Sound Meditation	Ernie Schuerman	Gentle	Facebook/Instagram
4:30 PM	Vinyasa/Hatha Flow - All Levels	Sage Maki	Active	Facebook

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

All regular classes are FREE via Facebook and Instagram LIVE. We're deeply honored to continue to offer these classes to help us find peace and comfort during these challenging times, and to stay connected with you in this virtual space. If you're inspired to offer a donation and ONLY if you have the means, you can support SunSpark Yoga via the Online Class Donation link on our website: <https://www.sunsparkyoga.com>. You can also support our instructors directly via their own Venmo accounts.

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



Class Descriptions

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

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 & anxiety, revitalize energy, calm the mind & increase creativity. No meditation or yoga experience necessary. All levels welcome.

Gentle 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.

Qi Gong & Yin Yoga Full spectrum practice ranging from slow, conscious movements to stillness. Allow time to tune into the power of breath, movement, stillness and the space in between. All levels welcome.

Gentle Flow & Meditation Grounded, full body all-levels class based in Hatha Yoga to open the body, mind, heart & spirit. Allow time to tune into the power of breath, movement, stillness and the space in between.

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.

No Flow Sequence Full body all levels sequence of standing & seated postures for beginner to advanced. Postures promote physical strength & flexibility while fostering deeper levels of mental concentration. Strengthen & balance body & mind while developing a strong foundation for our Hatha Flow classes.

Hatha Flow All Levels w/Soundscapes Build strength & stamina in body & mind, striking a balance between flowing Vinyasa & longer holds of Classical Hatha Yoga. Accompanied by soundscapes on the singing bowls, gongs & drums, allowing you to move, breathe & groove to the sound vibrations.

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!

All Levels Power Flow Wonderful way to energize mid-day! Detoxify, heat & tone your body, while gaining flexibility & opening your heart, body & mind. Mixed level class excellent for beginners to advanced. 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, beginning with a Vinyasa series to warm the entire body, followed by standing sequences & seated postures focused on deep forward folds & twists. Build strength, increase endurance, encourage greater flexibility & still the mind.

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