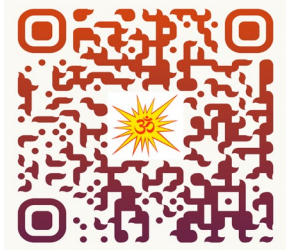




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QR CODE: ONLINE SCHEDULE



Weekly OUTDOOR Class Schedule

Spark on the Paseo

122 S Glassell St Orange, CA 92866

Monday	Class	Instructor	Level
11:45 AM - 12:30 PM	Pilates: Tone & Strengthen	Sarah Gertler	Active
5:15 - 6:15 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle
6:30 - 7:30 PM	Ashtanga Flow	Brenna Shannon	Active
Tuesday	Class	Instructor	Level
8:30 - 9:30 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
5:15 - 6:15 PM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
6:30 - 7:30 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Level
11:45 AM - 12:45 PM	Vinyasa/Hatha Flow All Levels	Laura Sexauer	Active
Thursday	Class	Instructor	Level
8:30 - 9:30 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
9:45 - 10:45 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
5:15 - 6:15 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle
6:30 - 7:30 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliever	Active
Friday	Class	Instructor	Level
11:45 AM - 12:45 PM	No Flow Stationary Sequence	Stacey Schuerman	Active
Saturday	Class	Instructor	Level
9:00 - 10:00 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
10:15 - 11:15 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Level
9:30 - 10:30 AM	VIRTUAL "Easy Like Sunday Morning" Flow	Heather Westenhofer	Active

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

OUTDOOR Classes are held at the SunSpark Yoga Deck at 122 S Glassell St on the Old Towne Orange Paseo.

Outdoor INTRO Special: 3 Classes for \$30

Please note new COVID-19 Class guidelines as per California Department of Public Health:

* Current Stay-at-Home order encourages us all to continue to attend outdoor exercise classes and specifically mentions Outdoor Yoga as an excellent way to maintain physical and mental health.

* Online advance registration and payment preferred for contactless transactions.

* Please bring your own yoga mat, blanket and props.

* Class size will be limited to maintain safe social distancing.

* Face coverings required for staff and customers during check-in AND during class.

* Teachers will not provide hands-on adjustments.

* PLEASE STAY HOME for the health & safety of our community if feeling sick or exhibiting any symptoms related to COVID-19, tested positive for COVID-19, or been in close contact with anyone that has.

* VIRTUAL Classes and Video on Demand Library included in your SunSpark Yoga unlimited memberships.

Stay safe and 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.

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 Stationary 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/Sound Savasana 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!

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