



# SunSpark Yoga

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QR CODE: ONLINE SCHEDULE



## Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
5:30 - 6:30 PM	Gentle Yoga Stretch	Laura Paulsell	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliever	Active
Tuesday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
5:30 - 6:30 PM	Stretch, Roll & Strengthen	Heather Westenhofer	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Laura Paulsell	Gentle
11:45 AM - 12:30 PM	Pilates: Tone & Strengthen <i>(NEW! Begins 1/5/22)</i>	Kira Bartoli	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Heather Westenhofer	Active
6:45 - 7:45 PM	Gentle Yoga Stretch	Laura Paulsell	Gentle
8:00 - 9:15 PM	Vinyasa/Hatha Flow All Levels	Kristin Barton	Active
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
5:30 - 6:30 PM	Guided Yoga Nidra & Sound Meditation	Ernie/Stacey	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
9:30 - 10:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
4:30 - 5:45 PM	Meditative Flow	Laura Paulsell	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	Meditative Flow	Hannah Webster	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 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** 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 and strengthen the body and mind through yoga poses, breathwork, therapy ball rolling, and functional movement. Both active and gentle modifications are offered, and all body types and abilities are welcome. Please bring two tennis balls or similar size therapy balls and any other props (such as a blanket or yoga blocks) you have in your personal yoga toolkit. We also have some props available for sale in studio.

**Meditative Flow** Class begins with gentle stretches and slow, flowing sun salutations, working up to standing and balancing poses, as well as core work to strengthen your body, increase your stamina and flexibility, while still providing thorough instruction. Classes end with restorative poses to help relax and rejuvenate your body, mind and spirit. All levels welcome.

**"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.

**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!

**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.