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## Weekly Class Schedule

Monday	Class	Instructor	Class Level
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Philip Sadler	Active
9:30 AM - 10:30 AM	Yoga Stretch	Hilda Loury	Gentle
12:00 PM - 1:00 PM	Pilates Fusion	Renee Schwan	Active
4:15 PM - 5:30 PM	Vinyasa/Hatha Flow - All Levels	Heather Westenhofer	Active
5:45 PM - 7:00 PM	Ashtanga Flow	Sarah Mitchell	Active
7:15 PM - 8:30 PM	Restorative Yoga & Sound Meditation	Renee Schwan	Gentle
Tuesday	Class	Instructor	Class Level
6:00 AM - 7:15 AM	Sunrise Flow - All Levels	Renee Schwan	Active
8:00 AM - 9:00 AM	Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	Vinyasa/Hatha Flow - All Levels	Simon Ballard	Active
5:45 PM - 7:00 PM	Yoga Stretch	Heather Westenhofer	Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Class Level
5:30 AM - 6:45 AM	Sunrise Flow - All Levels	Whitney Wheelan	Active
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Heather Dragaset	Active
9:30 AM - 10:30 AM	Yoga Stretch	Carol Ann Soltz	Gentle
12:00 PM - 1:00 PM	Lunchtime Flow - All Levels	Alisha Vasquez	Active
5:45 PM - 7:00 PM	Yoga Stretch & Nidra Meditation	Stacey Schuerman	Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Ananda Bhai	Active
Thursday	Class	Instructor	Class Level
6:00 AM - 7:15 AM	Sunrise Flow - All Levels	Renee Schwan	Active
8:00 AM - 9:00 AM	Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	Vinyasa/Hatha Flow - All Levels	Simon Ballard	Active
12:00 PM - 1:00 PM	No Flow Stationary Sequence	Stacey Schuerman	Active
5:45 PM - 7:00 PM	Yoga Stretch	Kelly Bustany	Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Suzanne La Roque	Active
Friday	Class	Instructor	Class Level
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Stacey Schuerman	Active
9:30 AM - 10:30 AM	Yoga Stretch & Nidra Meditation	Stacey Schuerman	Gentle
12:00 PM - 1:00 PM	Pilates Fusion	Sarah Gertler	Active
4:30 PM - 5:45 PM	Warrior Flow	Corey Moran	Active
Saturday	Class	Instructor	Class Level
8:30 AM - 9:30 AM	Yoga Stretch	Stacey Schuerman	Gentle
9:45 AM - 11:00 AM	Vinyasa/Hatha Flow - All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Class Level
8:00 AM - 9:00 AM	Easy Like Sunday Morning Flow	Heather Westenhofer	Active/Gentle
9:15 AM - 10:15 AM	Sound Meditation	Ernie Schuerman	Gentle
10:30 AM - 11:30 PM	Yoga Stretch	Corey Moran	Active
4:30 PM - 5:45 PM	Flow & Restore - All Levels	Sage Maki	Active/Gentle
6:15 PM - 7:30 PM	\$5 Community Class	New SunSpark Yoga Teacher	Varies by Class

**Locals Only New Client Special - 2 Weeks Unlimited Classes \$18!!!**

Schedule subject to change. Please see [www.sunsparkyoga.com](http://www.sunsparkyoga.com) for up to date information.



## Class Descriptions



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

**Restorative Yoga & Sound Meditation** Open your body & let go of life's stress with gentle movements, stretches & supportive poses to relax the nervous system, release chronic tension & find deep relaxation. Complement to more vigorous classes & designed for rejuvenation & treating fatigue. Appropriate for all levels & excellent for seniors with limited mobility, prenatal & postnatal mothers, students with chronic illness or injuries, or those new to yoga.

**Yoga Stretch & Nidra Meditation** Begins with gentle stretches to open the body, ending with a Restorative Pose and Guided Yoga Nidra Meditation. Nidra, meaning "sleep of the yogi," systematically guides and relaxes you through each layer of being, including the physical, energetic, mental, emotional and spiritual layers, making this a healing practice inclusive of your whole being.

**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.

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

**Easy Like Sunday Morning Flow** Calm your mind, energize the body & find joy in the present with this gentle flow practice. Explore breath work, intention setting, affirmations, mudras & connection to divine while linking seated & standing postures. Move beyond asana, ultimately creating lasting change in your life on & off the mat.

**No Flow Stationary Sequence** Full body set sequence of standing & seated postures for beginners to advanced practitioners. Postures promote physical strength & flexibility while fostering deeper levels of mental concentration. Perfect practice to strengthen & balance body & mind to develop a strong foundation for our Hatha Flow classes. All levels welcome.

**Sunrise Flow - All Levels** What a great way to start the day! Energizing class to open & awaken body, mind, heart & spirit. Build strength & stamina, striking a balance between flowing Vinyasa & longer holds of Classical Hatha Yoga. Postures linked with breath to facilitate opening & release. Mixed level class excellent for beginners to advanced. We invite you to have fun, honor your body & work at your own pace!

**Vinyasa/Hatha Flow/Lunchtime Flow - All Levels** Mixed level class excellent for beginners to advanced. 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. We invite you to have fun, honor your body & work at your own pace!

**Warrior Flow** Strong yoga flow class inspired by elements of traditional Vinyasa Flow, Thai Chi & Martial Arts movements. Build strength & stamina in body & mind, while moving through both familiar & new unexplored ways with agility & grounding. 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, begins with Vinyasa series to warm body followed by standing & seated postures, focusing on deep forward folds & twists.

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