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QR CODE: ONLINE SCHEDULE



Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
11:45 AM - 12:30 PM	Pilates: Tone & Strengthen	Sarah Gertler	Active
5:30 - 6:30 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle
6:45 - 7:45 PM	Vinyasa/Hatha Flow All Levels	Brenna Shannon	Active
Tuesday	Class	Instructor	Level
8:00 - 9:00 AM	Vinyasa/Hatha Flow All Levels <i>(New Time!)</i>	Philip Sadler	Active
5:30 - 6:30 PM	Stretch, Roll & Strengthen <i>(New Class!)</i>	Heather Westenhofer	Gentle
6:45 - 7:45 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Level
9:15 - 10:15 AM	Vinyasa/Hatha Flow All Levels <i>(New Class!)</i>	Eileen Skold	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels <i>(New Class!)</i>	Heather Westenhofer	Active
6:45 - 7:45 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle
Thursday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch <i>(New Time!)</i>	Heather Westenhofer	Gentle
9:15 - 10:15 AM	Vinyasa/Hatha Flow All Levels <i>(New Time!)</i>	Stacey Schuerman	Active
5:30 - 6:30 PM	Yoga Nidra & Sound Meditation	Ernie/Stacey	Gentle
6:45 - 7:45 PM	Vinyasa/Hatha Flow All Levels	Meghan Klierer	Active
Friday	Class	Instructor	Level
8:00 - 9:00 AM	Vinyasa/Hatha Flow All Levels <i>(New Time!)</i>	Philip Sadler	Gentle
11:45 AM - 12:45 PM	No Flow Stationary Sequence	Stacey Schuerman	Active
Saturday	Class	Instructor	Level
8:30 - 9:30 AM	Gentle Yoga Stretch <i>(New Time!)</i>	Stacey Schuerman	Gentle
9:45 - 10:45 AM	Vinyasa/Hatha Flow All Levels <i>(New Time!)</i>	Stacey Schuerman	Active
Sunday	Class	Instructor	Level
9:30 - 10:30 AM	"Easy Like Sunday Morning" Flow <i>(Back in Studio)</i>	Heather Westenhofer	Active

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

INTRODUCTORY Special: 3 Classes for \$30

Please note COVID-19 Class guidelines as per California Department of Public 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.

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 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.

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.

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!

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