



139 S Olive St. Old Towne Orange, CA 92866 714-786(SUN)-5994
 info@sunsparkyoga.com www.sunsparkyoga.com

Weekly Class Schedule

Monday	Class	Tuesday	Class Level
8:00 AM - 9:15 AM	Vinyasa/Hatha Flow - All Levels	Philip Sadler	Active
9:30 AM - 10:45 AM	Therapeutic Inspired Gentle Yoga	Melissa Adylia Calasanz	Gentle
12:00 PM - 12:50 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	Taylor Alexander	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
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
5:45 PM - 7:00 PM	Flow & Restore - All Levels	Stacey Schuerman	Active/Gentle
7:15 PM - 8:30 PM	Vinyasa/Hatha Flow - All Levels	Whitney Wheelan	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	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	Taylor Alexander	Active
9:30 AM - 10:30 AM	Stretch & Nidra Meditation	Stacey Schuerman	Gentle
12:00 PM - 12:50 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	Kayla "Sage" Maki	Active/Gentle
6:15 PM - 7:30 PM	\$5 Community Class - All Levels	New SunSpark Teacher	Varies

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

Schedule subject to change. Please see 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. The 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 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 newer to yoga.

Therapeutic Inspired Gentle Yoga Therapeutic yoga principles & mindful, breath-centered subtle movement, along with supported restorative postures will be explored; ending with a relaxing, guided meditative body scan, to help bring a sense of peace to your life & to cultivate an appreciation for your strengths as well as your weaknesses. All levels welcome.

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.

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," is a relaxation technique where you are guided through different sensations in body &/ breath while remaining in a state of relaxed awareness to release deeply held tensions.

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 moment with this gentle flow practice. Explore breath work, intention setting, affirmations, mudras & connection to the divine while linking seated & standing postures. Move beyond asana, ultimately creating lasting change in your life both on & off the mat.

No Flow Stationary Sequence A full body sequence of postures for beginners to advanced practitioners. Postures promote strength & flexibility while fostering deeper levels of concentration. Recommended for students who want to strengthen & balance mind & body while developing a strong foundation. All levels welcome.

Vinyasa/Hatha Flow/Sunrise 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 the 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 Matwork class that blends classical Pilates, Yoga & body conditioning drills to build core, strength, flexibility & total body workout. All levels welcome.

\$5 Community Class Led by our recently graduated SunSpark Yoga teacher trainees or teachers new to SunSpark. Expect a variety of styles including Yoga Stretch, Restorative Yoga & Hatha Flow. Included with unlimited memberships. Come support our new teachers in their journey & celebrate our wonderful community!