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Weekly Class Schedule Virtual & "Spark in the Park"

Monday	Class	Instructor	Level	Location
12:00 - 12:50 PM	VIRTUAL Pilates Fusion	Sarah Gertler	Active	Virtual
4:30 - 5:30 PM	VIRTUAL Gentle Yoga Stretch	Laura Sexauer	Gentle	Virtual
Tuesday	Class	Instructor	Level	Location
8:30 - 9:45 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active	Women's Club
5:15 - 6:15 PM	Gentle Yoga Stretch	Heather Westenhofer	Gentle	Women's Club
6:30 - 7:30 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active	Women's Club
Wednesday	Class	Instructor	Level	Location
5:45 - 6:45 PM	VIRTUAL Yoga Nidra & Sound Meditation	Stacey & Ernie Schuerman	Gentle	Virtual
Thursday	Class	Instructor	Level	Location
6:00 - 6:50 AM	VIRTUAL Pilates Fusion	Sarah Gertler	Active	Virtual
8:30 - 9:30 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle	Women's Club
9:45 - 10:45 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active	Women's Club
5:45 - 6:45 PM	Vinyasa/Hatha Flow All Levels	Laura Sexauer	Active	Women's Club
Friday	Class	Instructor	Level	Location
8:30 - 9:30 AM	VIRTUAL Hatha Flow All Levels	Laura Sexauer	Active	Virtual
Saturday	Class	Instructor	Level	Location
9:00 - 10:00 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle	Hart Park
10:15 - 11:30 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active	Hart Park
Sunday	Class	Instructor	Level	Location
8:00 - 9:00 AM	VIRTUAL Easy Like Sunday Morning Flow	Heather Westenhofer	Active	Virtual
9:15 - 10:15 AM	VIRTUAL Sound Meditation	Ernie Schuerman	Gentle	Virtual

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

In-Person OUTDOOR Spark-in-the-Park Classes require online pre-registration with a Current Monthly Membership, Outdoor Class Package, or Outdoor Single Class Drop-in. Please review SunSpark Yoga's COVID-19 Class Guidelines per the California Dept of Health via our website. We are committed to the safety, health and well-being of our community. VIRTUAL classes are offered via Mindbody through your SunSpark Yoga My Account log-in link on our website: <https://www.sunsparkyoga.com>.



OUTDOOR "Spark in the Park" CLASS LOCATIONS:
 All Classes in Green are OUTSIDE IN THE PARKS
 Women's Club is located at 121 S Center Street across from City Hall
 Hart Park Bandshell is located at 701 S Glassell Street behind the tennis courts.



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.