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## Weekly Class Schedule Virtual & "Spark in the Park"

Monday	Class	Instructor	Level	Location
12:00 - 1:00 PM	VIRTUAL Pilates Fusion	Sarah Gertler	Active	Instagram
4:30 - 5:30 PM	VIRTUAL Gentle Yoga Stretch	Laura Sexauer	Gentle	Facebook/IG
5:45 - 7:00 PM	VIRTUAL Ashtanga Flow	Sarah Mitchell	Active	Facebook
Tuesday	Class	Instructor	Level	Location
9:00 - 10:15 AM	Hatha Flow All Levels <i>NEW!</i>	Philip Sadler	Active	Killefer Park
5:15 - 6:15 PM	Gentle Yoga Stretch <i>NEW!</i>	Heather Westenhofer	Gentle	Killefer Park
6:30 - 7:45 PM	Hatha Flow All Levels <i>NEW!</i>	Stacey Schuerman	Active	Killefer Park
Wednesday	Class	Instructor	Level	Location
7:30 - 7:45 AM	VIRTUAL 15 Minute Morning Meditation	Philip Sadler	Gentle	Facebook
12:00 - 1:00 PM	VIRTUAL All Levels Power Flow	Alisha Vasquez	Active	Facebook/IG
5:45 - 6:45 PM	VIRTUAL Yoga Nidra & Sound Meditation	Stacey & Ernie Schuerman	Gentle	Facebook/IG
Thursday	Class	Instructor	Level	Location
9:00 - 10:00 AM	Gentle Yoga Stretch <i>NEW!</i>	Heather Westenhofer	Gentle	Hart Park
9:30 - 10:45 AM	VIRTUAL Ashtanga Flow	Brenna Shannon	Active	Facebook
10:30 - 11:45 AM	No Flow Sequence <i>NEW!</i>	Stacey Schuerman	Active	Hart Park
5:45 - 6:45 PM	VIRTUAL Gentle Yoga Stretch	Josie Say	Gentle	Facebook/IG
6:30 - 7:45 PM	Hatha Flow All Levels <i>NEW!</i>	Laura Sexauer	Active	Hart Park
Friday	Class	Instructor	Level	Location
12:00 - 1:00 PM	VIRTUAL Pilates Fusion	Sarah Gertler	Active	Instagram
4:30 - 5:30 PM	VIRTUAL Hatha Flow All Levels	Laura Sexauer	Active	Facebook/IG
Saturday	Class	Instructor	Level	Location
9:00 - 10:00 AM	Gentle Yoga Stretch <i>NEW!</i>	Stacey Schuerman	Gentle	Hart Park
10:30 - 11:45 AM	Hatha Flow All Levels <i>NEW!</i>	Stacey Schuerman	Active	Hart Park
Sunday	Class	Instructor	Level	Location
8:00 - 9:00 AM	VIRTUAL Easy Like Sunday Morning Flow	Heather Westenhofer	Active	Facebook
10:00 - 11:00 AM	VIRTUAL Sound Meditation	Ernie Schuerman	Gentle	Facebook/IG
4:30 - 5:30 PM	VIRTUAL Hatha Flow All Levels	Sage Maki	Active	Facebook

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

NEW In-Person OUTDOOR Classes require online pre-registration with a current monthly membership, class package, or \$15 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. Currently, all VIRTUAL classes are FREE via Facebook and Instagram LIVE. If you're inspired to offer a donation and ONLY if you have the means, you can support the studio via the Online Class Donation link on our website: <https://www.sunsparkyoga.com>.



**OUTDOOR "Spark in the Park" CLASS LOCATIONS:**  
 All Classes in Green are OUTSIDE IN THE PARKS  
 Killefer Park is located at 615 N Lemon Street next to The Friendly Center.  
 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, songs, 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 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/Soundscapes** 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, songs & 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!

**All Levels Power Flow** Wonderful way to energize mid-day! Detoxify, heat & tone your body, while gaining flexibility & opening your heart, body & mind. Mixed level class excellent for beginners to advanced. 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.