



SunSpark Yoga

139 S Olive St. Old Towne Orange, CA 92866 714-786(SUN)-5994

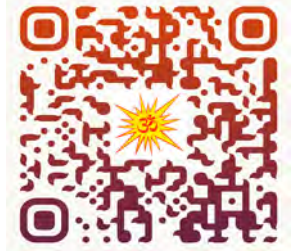
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www.sunsparkyoga.com

Facebook: sunsparkyogastudio

Instagram: sunsparkyoga

QR CODE: ONLINE SCHEDULE



Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels <i>(NEW! Begins 5/9!)</i>	Michelle Goldstein	Active
11:45 AM - 12:30 PM	Core Strength Yoga	Heidi Lockhart	Active
5:30 - 6:30 PM	Gentle Yoga Stretch	Laura Paulsell	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliewer	Active
Tuesday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
5:30 - 6:30 PM	Stretch, Roll & Strengthen	Heather Westenhofer	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Level
6:30 - 7:30 AM	SunRise Flow <i>(NEW! Begins 5/4!)</i>	Laura Paulsell	Active
8:00 - 9:00 AM	Gentle Yoga Stretch	Laura Paulsell	Gentle
11:45 AM - 12:30 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Heather Westenhofer	Active
6:45 - 7:45 PM	Gentle Yoga Stretch	Michelle Goldstein	Gentle
Thursday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
9:15 - 10:30 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
5:30 - 6:30 PM	Guided Yoga Nidra & Sound Meditation	Ernie/Stacey Schuerman	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliewer	Active
Friday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
11:45 AM - 12:30 PM	Yoga Bootcamp	Stacey Schuerman	Active
4:30 - 5:45 PM	Meditative Flow	Laura Paulsell	Active
Saturday	Class	Instructor	Level
8:30 - 9:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
9:45 - 11:00 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Level
9:00 - 10:00 AM	"Easy Like Sunday Morning" Flow	Heather Westenhofer	Active
4:30 - 5:45 PM	Flow & Restore All Levels	Heidi Lockhart	Active

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

INTRODUCTORY Special: 3 Classes for \$30



Stay safe and healthy. Take care of yourself, each other, our community, and the world.



Class Descriptions

Guided Yoga Nidra & Sound Meditation Powerful combination that systematically guides through each layer of being, including physical, energetic, mental, emotional & spiritual layers. Inclusive practice to reduce stress & anxiety, revitalize energy, calm the mind & increase creativity. No experience necessary.

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 & strengthen body & mind through yoga poses, breathwork, therapy ball rolling & functional movement. Both active & gentle modifications are offered & all body types & abilities are welcome. Please bring two tennis balls or similar size therapy balls & any other props (such as a blanket or yoga blocks) you have in your personal yoga toolkit.

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

Meditative Flow Begins with gentle stretches & slow, flowing sun salutations, working up to standing & balancing plus core work to strengthen body, increase stamina & flexibility, while still providing thorough instruction. Ends with restorative poses to relax & rejuvenate body, mind & spirit. All levels welcome.

"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.

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!

Core Strength Yoga Core-focused yoga class to ignite your inner fire as you find strength & balance deep from within, mixing a vinyasa style flow with core strengthening, flexibility & Pilates inspired movement.

Yoga Bootcamp Increase endurance, stability, strength & focus with a blend of yoga & strength training. Low weight resistance, interval training & cardio bursts are combined with yoga poses and stretches to balance and refresh the body and mind. All levels welcome.

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