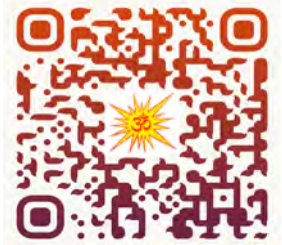




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QR CODE: ONLINE SCHEDULE



Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
11:45 AM - 12:30 PM	Core Strength Yoga	Heidi Lockhart	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Taylor Shore	Active
6:45 - 7:45 PM	Gentle Restorative Yoga	Michelle Goldstein	Gentle
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	Kristin Barton	Active
Wednesday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Stacey Schuerman	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	Yoga Nidra & Sound Meditation	Stacey/Ernie Schuerman	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
4:00 - 5:00 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:30 - 6:30 PM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliever	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	Flow & Restore All Levels	Josie Say	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 Restorative Yoga Open your body and let go of life's stress with some gentle movements and deep stretching followed by a series of supportive poses using blankets and blocks to relax the nervous system, release chronic tension and find deep relaxation. Great complement to our more vigorous classes and is designed for rejuvenation and treating fatigue. 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 & 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!

"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.