



SunSpark Yoga

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QR CODE: ONLINE SCHEDULE



Weekly OUTDOOR Class Schedule

Spark on the Paseo

122 S Glassell St Orange, CA 92866

Monday	Class	Instructor	Level
11:45 AM - 12:30 PM	Pilates: Tone & Strengthen	Sarah Gertler	Active
4:30 - 5:30 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle
5:45 - 6:45 PM	Ashtanga Flow	Brenna Shannon	Active
Tuesday	Class	Instructor	Level
8:30 - 9:30 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
5:15 - 6:15 PM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
6:30 - 7:30 PM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Wednesday	Class	Instructor	Level
6:30 - 7:30 PM	Gentle Yoga Stretch (NEW! Starts 1/6/21)	Stacey Schuerman	Gentle
Thursday	Class	Instructor	Level
8:30 - 9:30 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
9:45 - 10:45 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
5:15 - 6:15 PM	Gentle Yoga Stretch	Laura Sexauer	Gentle
6:30 - 7:30 PM	Vinyasa/Hatha Flow All Levels	Meghan Klierer	Active
Friday	Class	Instructor	Level
8:30 - 9:30 AM	Vinyasa/Hatha Flow All Levels	Laura Sexauer	Active
11:45 AM - 12:45 PM	No Flow Stationary Sequence (NEW! Starts 1/8/21)	Stacey Schuerman	Active
Saturday	Class	Instructor	Level
9:00 - 10:00 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
10:15 - 11:30 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Level
8:00 - 9:00 AM	"Easy Like Sunday Morning" Flow	Heather Westenhofer	Active
9:30 - 10:30 AM	2nd Sunday Sound Meditation (check online schedule)	Ernie Schuerman	Gentle

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

OUTDOOR Classes are held at the SunSpark Yoga Deck at 122 S Glassell St on the Old Towne Orange Paseo.

INTRO Special: 3 Classes for \$30

Please note new COVID-19 Class guidelines as per California Department of Public Health:

*Current Stay-at-Home order encourages us all to continue to attend outdoor exercise classes and specifically mentions Outdoor Yoga as an excellent way to maintain physical and mental health.

*Online advance registration and payment preferred for contactless transactions.

*Please bring your own yoga mat, blanket and props.

*Class size will be limited to maintain safe social distancing.

*Face coverings required for staff and customers during check-in AND during class.

*Teachers will not provide hands-on adjustments.

*PLEASE STAY HOME for the health & safety of our community if feeling sick or exhibiting any symptoms related to COVID-19, tested positive for COVID-19, or been in close contact with anyone that has.



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.