


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. /SUN.
8:30 AM <i>Vinyasa Flow</i> Mona (S)	9:00 AM <i>All Levels</i> Mona (S)	9:00 AM <i>Vinyasa Flow</i> Kelly (S)	9:00 AM <i>All Levels</i> Betty (S)		8:30 AM (Sat.) <i>Vinyasa Flow</i> Staff (S)
10:00 AM <i>Basic Hatha+</i> Mona (S)	9:00 AM <i>Gentle</i> Nancy (M)	4:30 PM <i>Vinyasa Flow</i> Gina/Kelly B. (S)		4:00 PM ^{\$5} <i>Happy Hour</i> NO MAKEUPS (M)	10:00 AM (Sat.) <i>All Levels</i> Mona/Staff (S)
4:30 PM ^{\$5} <i>Yoga for Strength</i> NO MAKEUPS (S)	4:00 PM <i>Basic Hatha</i> Steph (M)	6:00 PM <i>Vinyasa Flow</i> Paulette (M)	4:30 PM ^{\$5} <i>Yoga for Strength</i> NO MAKEUPS (M)	5:30 PM ^{\$5} <i>Happy Hour</i> NO MAKEUPS (M)	10:00 AM (Sun.) <i>All Levels</i> NO DEC. CLASSES (M)
5:30 PM <i>Power Yoga</i> Carly (S)	5:30 PM <i>Basic Hatha</i> Peggy (S)	7:00 PM <i>All Levels</i> Mona (S)	5:30 PM <i>Basic Hatha+</i> Staff(S)	5:30 PM ^{\$5} <i>Power Hour</i> NO MAKEUPS (M)	
5:30 PM <i>Beginners*</i> Megan (M)	7:00 PM <i>Meditation*</i> Mona/Carly (S)	7:30 PM <i>Yoga for Pregnancy*</i> Lynn (M)	7:00 PM <i>Beginners*</i> Staff (M)		(S) = Sun Studio (M) = Moon Studio

***SPECIALTY CLASSES** ■ Tan-shaded boxes

See specific *Beginner's Essentials*, *Welcome to Meditation*, and *Yoga for Pregnancy* class dates inside and on website.

+CHAIR OPTIONS

Teachers provide chair options during these Basic Hatha classes 

\$5 DROP-IN CLASSES ■ Blue-shaded boxes

Happy Hour: Easy/Beginners

Power Hour: Sample Power Yoga

Yoga for Strength: 45-minute Vinyasa

HOW DO I PAY?

SINGLE CLASS: No pre-registration required

Single class drop-in – \$15

Bargain classes – \$5

SEMESTER REGISTRATION: \$140 (14 CLASSES)

Commit to specific class and time. Pay (check/cash, no credit cards). Join anytime, we pro-rate for late registrations (\$10 per class.) Miss class? See Makeup Policy at right.

PUNCHCARDS: \$120 (10 CLASSES)

Good for all registered session classes, one-year expiration date.

FALL UNLIMITED: \$335

Unlimited classes during Fall Semester, including \$5 Bargain and Fall Specialty classes!

SPECIALTY CLASSES: \$55

5 classes for \$55. These classes do not run the full semester so please see specific class dates inside.

MAKEUP POLICY:

If you miss a class you have pre-paid for you may make it up in any other Registered Semester Class until the end of the session. You may also make up classes in advance. BARGAIN CLASSES OR SPECIALTY CLASSES CANNOT BE USED FOR MAKE-UPS.

Fall Semester's Registered Classes

\$10 Registered ■ \$12 Punchcard ■ \$15 Drop-in



Basic Hatha


(beginners welcome)

You may begin here with no experience. This class practices the foundational yoga poses taught in the Beginner's Essentials. Health benefits for all ages and fitness levels are the emphasis. Prerequisite: Beginner's Essentials recommended. (70 min.)

- Mon., 10 AM+ ■ Tues., 5:30 PM
- Tues., 4 PM ■ Thurs., 5:30 PM+

Basic Hatha+

(beginners welcome)

These are the same Basic Hatha classes described above, only teachers provide Chair Options. Students in these classes may use a chair, to participate along with students who are standing, or on the floor. Ideal for experienced students with limiting knee issues. (70 min.) 

- Mon., 10 AM+ ■ Thurs., 5:30 PM+

Gentle

(beginners welcome)

The foundational poses taught in the Beginners Series are practiced more slowly, in order to modify, use props. This class is for ANY student who appreciates a slower practice. (75 min.)

- Tues., 9 AM

All Levels

(beginners welcome)

Highly instructional classes, with modifications offered to increase, or modify the intensity of poses. These non-flowing classes focus on quality attention to alignment and mindful experience. (75 min.)

- Tues., 9 AM ■ Wed., 7 PM
- Sat., 10 AM

Vinyasa Flow

(experience recommended)

The foundational poses taught in the Beginners Series, and practiced in Basic Yoga, evolve into a flowing, and more challenging, and quickly moving practice. (75 min.)

- Mon., 8:30 AM ■ Wed., 9 AM
- Wed., 4:30 PM ■ Wed., 6 PM
- Sat., 8:30 AM

Power Yoga

(experience recommended)

Includes Ashtanga-style Sun Salutations and wide variety of poses and techniques from other styles including Hot Yoga. Class pace, challenge is more intense than Vinyasa class above. (75 min.)

- Mon., 5:30 PM

Quality Care in Specialty Classes

Five Classes/\$55 ■ Session Dates Vary from Registered Semester Classes

Beginner's Essentials

For all ages, fitness levels & body types with little or no yoga experience. Learn how yoga poses can make you stronger, more flexible, and balanced. Ideal first start; great review for all levels.

5 classes/\$55

MONDAYS: 5:30–6:45 PM

- Section 1: Sept. 11–Oct. 9
- Section 2: Oct. 16–Nov. 13

THURSDAYS: 7–8:15 PM

- Section 1: Sept. 14–Oct. 12
- Section 2: Oct. 19–Nov. 16

YogaCare

YogaCare is a class customized to accommodate physical limitations. Limited to six. Contact Mona Cenicerros for a consultation and to register, (sunmoon@hickorytech.net). **5 classes/\$55**

THURSDAYS: 11:00 AM–12:15 PM

- Section 1: Sept. 14–Oct. 12
- Section 2: Oct. 19–Nov. 16

Welcome to Meditation

Foundational class in meditation. Includes: Preparation for sitting (chairs or floor), walking meditation, discussion and practicing. All ages and body types. No experience necessary!

5 classes/\$55

TUESDAYS: 7–8:00 PM

- Section 1: Sept. 12–Oct. 10
- Section 2: Oct. 17–Nov. 14

Yoga for Pregnancy

Enjoy a gentle yoga class especially designed for pregnancy. No prior yoga experience needed. Class includes stretching, strengthening, breathing, and relaxation techniques. Yoga is a safe and effective way to keep your body in balance and lower your stress during pregnancy. **5 classes/\$55**

WEDNESDAYS: 7:30–8:45 PM

- Section 1: Wed. Sept. 13–Oct. 11
- Section 2: Wed. Oct. 18–Nov. 15





Deep Level Wellness Retreat for Yoga Teachers October 6–8, 2017 ■ Okoboji, Iowa

YOGA TEACHERS get ready to recharge and dig deeper into your own yoga practice. You'll leave feeling nurtured, refreshed, and inspired.

This all-inclusive yoga teacher retreat runs Friday eve through Sunday afternoon in Okoboji, Iowa.

- **Cost:** \$600 (includes meals, workshops, and lodging)

- **Accommodations and Vegetarian/Vegan meals:** Oakwood Inn
- **Yoga Classes:** Yoga Okoboji, owner Janine Gustafson
- **Credit** toward 300/500hr RYT
- **To Register:** Email Mona Cenicerros, Sun Moon Teacher Training Programs Director: sunmoon@hickorytech.net

Sun Moon Yoga Registration Form

Name _____ Phone _____

Address _____

Email Address _____

Day/Time of Class #1 _____

Day/Time of Class #2 _____

Emergency contact _____

Health issues/concerns _____

I understand the activity I am planning to undertake is entirely voluntary. I release Sun Moon Yoga and all instructors and independent contractors from any liability in the event of injury. In understand it is solely my responsibility to disclose any prior existing health conditions. It is my responsibility to discuss exercise with my physician.

Signature _____ Date _____

Amount paid _____ Check # _____

To keep our class prices low, we do not employ a receptionist to keep standard office hours. *Our doors open 30 minutes before any registered class and teachers are available at that time to register students, answer questions, or sell punchcards.*

635 South Front Street
507.387.6600



sunmoonyogastudios.com

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