

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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> Betty (S)	9:00 AM <i>All Levels</i> Betty (S)		8:30 AM <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 <i>Happy Hour</i> NO MAKEUPS (M)	10:00 AM <i>All Levels</i> Mona/Staff (S)
4:30 PM <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 <i>Yoga for Strength</i> NO MAKEUPS (M)	5:30 PM <i>Happy Hour</i> NO MAKEUPS (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 <i>Power Hour</i> NO MAKEUPS (M)	
+CHAIR OPTIONS Teachers provide chair options during these Basic Hatha classes		\$5 DROP-IN CLASSES ■ Blue-shaded boxes <i>Happy Hour:</i> Easy/Beginners <i>Power Hour:</i> Sample Power Yoga <i>Yoga for Strength:</i> 45-minute Vinyasa		<i>(S) = Sun Studio</i> <i>(M) = Moon Studio</i>	

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



No Sunday Classes in December

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. Pre-requisite: 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 ■ Thurs., 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

Winter Semester Specialty Classes

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: Jan. 8–Feb. 5
- Section 2: Feb. 12–Mar. 12

TUESDAYS: 5:30–6:45 PM

- Section 1: Jan. 9–Feb. 6
- Section 2: Feb. 13–Mar. 13

Functional Pilates

Strengthen your core, improve your posture, and build long lean muscles for efficient and functional movement. Functional Pilates is a mat Pilates class combined with select yoga postures.

6 classes/\$60

THURSDAYS: 5:30–6:30 PM

- Section 1: Jan. 25–Mar. 1
- Section 2: Mar. 15–Apr. 19

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. **6 classes/\$66**

SATURDAYS: 11:00 AM–12:10 PM

- Section 1: Jan. 13–Feb. 17

Under Five Mom's Night Out

Yoga for exercise and relaxation for mothers of children under the age of five. This class is for mothers only and children do not attend.

5 Classes/FREE*

THURSDAYS: 7:00–8:00 PM

- Section 1: Feb. 15–Mar. 15

*Participants must register through District 77 Community Ed, no drop-ins, punchcards or Makeups.

To Register for Winter Specialty classes:

Pay online, mail in Registration Form (see back) and check; or pay check/cash at first class. Questions: Contact Mona at sunmoonyogastudios.com.



December at Sun Moon Yoga

Peace, calm, quiet can increase enjoyment of the beauty of the season. Come relax, and restore yourself.

Yoga Food Drive Classes

Friday, December 15:

- 4pm & 5:30pm Happy Hour
- 5:30pm Power Hour

Saturday, December 16:

- 8:30am Vinyasa
- 10am All Levels

At Sun Moon Yoga we seek to enrich our community's wellbeing through yoga. We want to support our community's wellness by gathering nourishing food to donate to the ECHO Food Shelf.

FREE with a donation to the ECHO Food Shelf.
Checks payable to ECHO.

End of Fall Semester!

Holiday Break/Studio Closed:

- Sunday, Dec. 17 to Friday, Jan. 5 (18 days)

Classes During Winter Holiday Break:

- Friday, 5:30pm; Happy Hour (easy) and Power Hour (workout); Dec. 22 and 29.

\$5 Drop-in.

Early Bird registration for Winter Semester:

- Online or by mail (635 So. Front St, Mankato) until Sunday, Jan. 7.

Happy Holidays!

Please note the December Peace Meditation classes have been cancelled.

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 _____

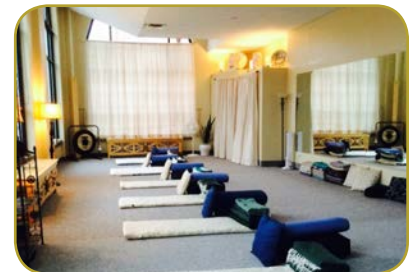
I understand the activity I am planning to undertake is entirely voluntary. I release Sun Moon Yoga and all instructors and independent contractors from any liability in the event of injury. I understand it is solely my responsibility to disclose any prior existing health conditions. It is my responsibility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