

# SPRING SEMESTER

sun  
moon  yoga

licensed school & teacher training

MON., MARCH 19 TO  
SUN., MAY 27  
(10 WEEKS)

## Meditation & Breathwork

Mindfulness practices for beginning and experienced. We will sit in chairs, as well as sit and lay on the floor, while exploring a broad range of breathing techniques and meditative experiences.

**5 classes/\$75 (check or cash).**

**TUESDAYS: 7-8 PM**

- Section 1: March 20–April 17

**THURSDAYS: 10-11 AM**

- Section 1: March 22–April 19

Email you are coming; Register and pay at first class.

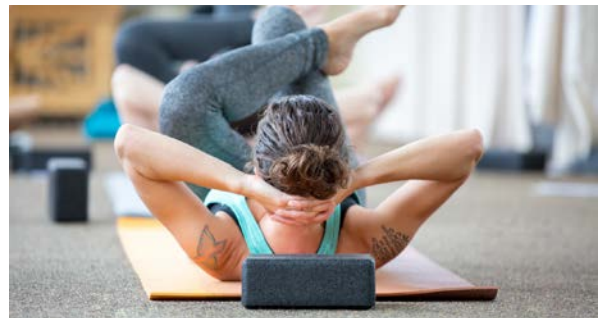
## Functional Pilates

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. **Session has begun; prorated (\$10 per class) with instructor Betty Harsma.**

**THURSDAYS: 5:30-6:30 PM**

- Section 1: March 15–April 19

## NEW CLASS! SPRING ONLY



## Spring Training *all levels welcome!*

Get fit with shorter versions of challenging Vinyasa yoga and old-school toning (45 minutes only!) **No membership, no pre-registration, just drop-in! \$5 Dropin**

- Mon., 4:30 PM
- Thurs., 8:30 AM\*
- Thurs., 4:30 PM
- Thurs., 7 PM\*

\*No May Classes

**\$5**



#WELLBEING



#JUSTBREATHE

**OUR MISSION:** To enrich our community's health with yoga and healthy lifestyle education; and a training resource for excellence in teaching yoga.

**STAY IN TOUCH:** [sunmoonyogastudios.com](http://sunmoonyogastudios.com) | [facebook.com/smyoga](https://facebook.com/smyoga) | 507.387.6600

CELEBRATING THE POWER OF POTENTIAL SINCE 2000

# SPRING SEMESTER | MON., MARCH 19 TO SUN., MAY 27 (10 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
8:30 AM <i>Power Vinyasa</i> Mona (S)	9 AM <i>All Levels</i> Mona (S)		<b>NEW!</b> 8:30 AM <i>Spring Training</i> NO MAKEUPS/NO MAY		8:30 AM (Sat.) <i>Vinyasa Flow</i> Staff (S)
10 AM <i>Basic Hatha</i> Mona/Staff (S)	9 AM <i>Gentle</i> Nancy (M)	9 AM <i>Vinyasa Flow</i> Betty (S)	10 AM <i>Meditation*</i> DATES ON COVER		10 AM (Sat.) <i>All Levels</i> Staff (S)
<b>NEW!</b> 4:30 PM <i>Spring Training</i> NO MAKEUPS (S)	4 PM <i>Basic Hatha</i> Steph (M)	10 AM <i>YogaCare*</i> CLASS IS FULL	<b>NEW!</b> 4:30 PM <i>Spring Training</i> NO MAKEUPS (S)	4 PM <i>Happy Hour</i> NO MAKEUPS (M)	10 AM (Sun.) <i>All Levels</i> Staff (S)
5:30 PM <i>Power Vinyasa</i> Carly (S)	5:30 PM <i>All Levels</i> Peggy (S)	4:30 PM <i>Vinyasa Flow</i> Gina/Kelly B. (S)	5:30 PM <i>Basic Hatha</i> Jess M. (S)	5:30 PM <i>Happy Hour</i> NO MAKEUPS (M)	<b>\$5 DROP-IN CLASSES</b> <b>Blue-shaded boxes</b> <i>Happy Hour:</i> Easy/beginners <i>Power Hour:</i> Sample Power Yoga <i>Spring Training:</i> 45-minutes, challenging
5:30 PM <i>Beginners*</i> DATES ON PAGE 3	5:30 PM <i>Beginners*</i> DATES ON PAGE 3	6 PM <i>Vinyasa Flow</i> Paulette (M)	5:30 PM <i>Functional Pilates*</i> DATES ON COVER	5:30 PM <i>Power Hour</i> NO MAKEUPS (M)	
	7 PM <i>Meditation*</i> DATES ON COVER	7 PM <i>All Levels</i> Mona (S)	<b>NEW!</b> 7 PM <i>Spring Training</i> NO MAKEUPS/NO MAY		
<b>*SPECIALTY CLASSES</b> ■ <b>Tan-shaded boxes</b> See cover, page 3, and website for specific dates for <i>Beginner's Essentials</i> , <i>Functional Pilates</i> , and <i>Meditation</i>				(S) = Sun Studio (M) = Moon Studio	

## HOW DO I PAY?

**SINGLE CLASS:** No pre-registration required  
Single class drop-in – \$15 ■ Bargain classes – \$5

**SEMESTER REGISTRATION: \$100 (10 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.

**SPECIALTY CLASSES: Prices vary**  
Dates do not run full semester. See cover & pg. 3.

**PUNCHCARDS: \$120 (10 CLASSES)**  
Good for all registered session classes, one-year expiration date.

**SPRING UNLIMITED: \$250**

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

**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.

[sunmoonyogastudios.com](http://sunmoonyogastudios.com)

[facebook.com/smyoga](https://facebook.com/smyoga)

507.387.6600

[info@sunmoonyogastudios.com](mailto:info@sunmoonyogastudios.com)

# Spring 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., 4 PM
- 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, mindful experience. (75 min.)

- Tues., 9 AM
- Tues., 5:30 PM
- Wed., 7 PM
- Sat., 10 AM
- Sun., 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.)

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

## Power Vinyasa

*(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 Flow class above. (75 min.)

- Mon., 8:30AM
- Mon., 5:30PM

## THE BEST PLACE TO BEGIN YOGA

### 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/\$75**

Pre-register online with Paypal; or, email you are coming; register/pay (check or cash) at your first class. Drop-ins Welcome!

### MONDAYS: 5:30–6:45 PM

- Section 1: March 19–April 16
- Section 2: April 23–May 21

### TUESDAYS: 5:30–6:45 PM

- Section 1: March 20–April 17
- Section 2: April 24–May 22

# See our website Events page for exciting Spring happenings!



## Energy+Emotion+ Essential Oils March 24; 1:30–4:30pm \$90

Sandra J. Beatty of Heartscent  
Artisan Aromatherapy

Learn how essential oils may play a part in emotional energy. We will have an Artisan Aroma Design Bar — create your own signature essential oil blend using your intuition.



## Mary's Mini Retreat April 21; 1:30–4:30pm \$90

Mary Margaret Anderson  
of yogamn

This meditative retreat will give you a buffet of delicious options so your wonderful, mind, body and spirit can live life on your own capable terms. You...only better.



## Health is Beautiful April 21; 11:30am–Noon FREE

Melissa Kruse of Herbal Beauty

Your skin! It's the largest organ of your body. You are invited to hear how to keep it free of toxins, dyes, chemicals. Melissa has developed products that are safe and an aromatic pleasure to the senses. Sun Moon Private Label soaps are Melissa's custom apres yoga creations.

To register: [info@sunmoonyogastudios.com](mailto:info@sunmoonyogastudios.com) | [sunmoonyogastudios.com/events](http://sunmoonyogastudios.com/events)

## 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



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