

SUMMER SEMESTER

sun
moon  yoga
school & community

MON., JUNE 4 TO
SAT., AUG. 25
(12 WEEKS)

CELEBRATING THE POWER OF POTENTIAL SINCE 2000



SUMMER SEMESTER SPECIALTY CLASSES

Sunrise Power with Carly

We love this class! It is efficiently designed to provide yoga intensity, stretch and bliss moment, then onto your day in 45 minutes. Twice weekly, and Carly Hopper's expert encouragement, is what makes it so effective.

- **Twice weekly: 16 classes/\$140**
- **Once weekly \$80**
- **Pay check or cash at first class. Punchcards, makeups, and \$15 drop-ins welcome!**

**TUESDAYS AND THURSDAYS:
6:30-7:15 AM**

- June 5-July 26. No July 31 or Aug. classes.

Relaxing Pregnancy Yoga

End a hot summer day with a soothing yoga class. Meet five times with other moms-to-be for healthy movement, stress reduction and fun. For questions contact: Lynn Rozen, 388-6887 or fishincat@aol.com.

5 classes/\$55 ▪ Pay check or cash at the first class; or pre-register through Community Ed.

WEDNESDAYS: 7:30-8:40 PM

- Section 1: Wed., July 18-Aug. 15

July Dynamic Flow

Move and groove your Summer body. Join Mona (monayogini.com) for five (90 minute) flows. This class is for experienced yoga students who love Vinyasa to music; creative sequencing, less explanation and longer stretching.

5 classes/\$75 ▪ Pay check or cash at first class. Registered students ONLY please, you may pay for select dates. Please no Punchcards, Makeups or Drop-ins.

MONDAYS: 7-8:30 PM

- Section 1: July 2, 9, 16, 23, 30

Functional Pilates

Strengthen your core, improve your posture with mat Pilates and select yoga postures. A great addition to any fitness or strength-training program for all ages. No experience required. Instructor is Betty Harmsa.

10 classes/\$100 ▪ Register check or cash at first class; or pre-register through Community Ed.

THURSDAYS: 5:30-6:30 PM

- June 7 to Aug. 9



Our Summer YogaCare Classes are FULL. See our newest Gentle Class

SUMMER SEMESTER | MON., JUNE 4 TO SUN., AUG. 26 (12 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM <i>Sunrise Power*</i> SEE FRONT	NO CLASSES JULY 4!	6:30 AM <i>Sunrise Power*</i> SEE FRONT		
8:30 AM <i>Vinyasa Flow</i> Mona (S)	9 AM <i>Gentle</i> Nancy (S)	8:30 AM <i>Vinyasa Flow</i> Staff (S)	10 AM <i>Meditation Course*</i> SEE BACK		8:30 AM <i>Vinyasa Flow</i> Staff (S)
10 AM <i>Basic Hatha</i> Staff (S)	9 AM <i>All Levels</i> Mona (M)	10 AM <i>Gentle</i> Carol/Liz (S)			10 AM <i>All Levels</i> Staff (S)
Our doors open 30 minutes prior to class.		4:30 PM <i>Vinyasa Flow</i> Gina (S)	Our doors open 30 minutes prior to class.		
5:30 PM  <i>Happy Hour</i> NO MAKEUPS (S)		6 PM <i>Vinyasa Flow</i> Paulette (M)	5:30 PM <i>Beginners</i> Jess M. (S)	5:30 PM  <i>Happy Hour</i> NO MAKEUPS (S)	\$5 DROP-IN CLASSES Blue-shaded boxes <i>Happy Hour:</i> Easy/beginners <i>Power Hour:</i> Sample Power Yoga (S) = Sun Studio (M) = Moon Studio
5:30 PM  <i>Power Hour</i> NO MAKEUPS (M)	5:30 PM <i>Basic Hatha</i> Liz (S)	7 PM <i>All Levels</i> Mona (S)	5:30 PM <i>Functional Pilates*</i> SEE FRONT	5:30 PM  <i>Power Hour</i> NO MAKEUPS (M)	
7 PM <i>Dynamic Flow*</i> JULY ONLY	7 PM <i>Beginners*</i> Staff (M)	7:30 PM <i>Pregnancy</i> SEE FRONT	7 PM <i>Meditation Course*</i> SEE BACK		

***SPECIALTY CLASSES** ■ Tan-shaded boxes See cover, page 4, and website for specific dates

HOW DO I PAY?

SEMESTER REGISTRATION: \$120 (12 CLASSES)

Choose a specific class and time. Pay check or cash at your first class. Join anytime, we pro-rate for late registrations (\$10 per class.) Miss class? See Makeup Policy at right.

SINGLE CLASS DROP-IN:

No pre-registration required; just show up! Semester classes: \$15 ■ Bargain classes: \$5 (Check or cash).

SPECIALTY CLASSES: Prices vary

Dates do not run full semester. See cover & back.

PUNCHCARDS: \$120 (10 CLASSES)

Good for all registered session classes, one-year expiration date. Purchased (check or cash) from any teacher.

SUMMER UNLIMITED: \$295

Unlimited classes during Summer Semester, including \$5 Bargain and Summer Specialty classes! Purchased (check or cash) from any teacher.

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 | facebook.com/smyoga
507.387.6600 | info@sunmoonyogastudios.com

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

SUMMER SEMESTER REGISTERED CLASSES

NO
CLASSES
JULY 4!

\$10 Registered ■ \$12 Punchcard ■ \$15 Drop-in
BEGIN ANYTIME! We pro-rate for late registrations

Beginning Yoga

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. (75 min.)

- Tues., 7 PM
- Thur., 5:30 PM

Basic Hatha

(beginners welcome)

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

- Mon., 10 AM
- Tues., 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
- Wed., 10 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
- 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., 8:30 AM
- Wed., 4:30 PM
- Wed., 6 PM
- Sat., 8:30 AM

STAY IN TOUCH:

sunmoonyogastudios.com

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

507.387.6600 • info@sunmoonyogastudios.com

TAKE YOGA OUTSIDE THIS SUMMER!

Join Carly Hopper, local experienced yoga teacher, at the newly renovated Franklin Rogers Park for a 60-minute all levels flowing yoga class on the field. The class is for ages 12 and up.

Saturday, June 23 ■ 11 AM-12 PM

Pricing: \$30 prior to June 8; \$35 after June 8; \$40 day of event

Ticket package includes:

- 60-minute all-levels yoga class
- Ticket to the MoonDogs game same night
- One of a kind MoonDogs yoga mat
- Drink ticket for wine, beer, or a non-alcoholic beverage at the game.

Mankato MoonDogs Yoga at the Frank

Contact the MoonDogs
for ticket information/to
register: 507.625.7047

Sponsored by:

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DISCOVER YOUR POTENTIAL!

WE OFFER DAILY YOGA CLASSES, PROFESSIONAL TRAININGS AND HEALTHY LIFESTYLE EDUCATION FOR ALL AGES ▪ ALL SIZES ▪ ALL LEVELS OF EXPERIENCE

SUMMER: Meditation and Breathwork Facilitator

A course for beginning and experienced meditators seeking to sustain a meditation practice or group.

Participants learn skills to guide themselves and others into relaxation and beginning meditation.

- Cost: \$350, check or cash at first meeting.
- Thursdays: June 21–Aug 23
- Choose 10–11:30 AM **OR** 7–8:30 PM.



FALL: Sun Moon Yoga Study Course (Yoga Alliance 200hour)

A mind, body, and spirit self-development course.

Four weekends in Fall, and four more in Spring complete the 200hours required by Yoga Alliance to be a RYT (Registered Yoga Teacher). The best part? The friends you make on your yoga journey!

- Cost: \$1,600 (covers Fall dates only)
- Sept 7–9; Oct 6–8; Nov 9–11; Dec 1–2.



DETAILS: Visit sunmoonyogastudios.com

REGISTER: Email Mona Cenicerros, Director of Education, info@sunmoonyogastudios.com

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

 keyword: SMYoga