

FALL SEMESTER



MON., SEPT. 10 TO
SAT., DEC. 22
(15 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
8:30 AM <i>Vinyasa Flow</i> Mona (S)	9 AM <i>Gentle</i> Nancy (S)	8:30 AM <i>Vinyasa Flow</i> Mona (S)			8:30 AM (Sat.) <i>Vinyasa Flow</i> Staff (S)
10 AM <i>Basic Hatha</i> Mona (S)	9 AM <i>All Levels</i> Mona (M)	10 AM <i>Gentle</i> Carol/Liz (S)			10 AM (Sat.) <i>All Levels</i> Staff (S)
4:30 PM <i>Yoga for Strength</i> NO MAKEUPS (S)	4 PM <i>Basic Hatha</i> Stephanie (S)	4:30 PM <i>Vinyasa Flow</i> Gina (S)	4:30 PM <i>Yoga for Strength</i> NO MAKEUPS (S)	4 PM <i>Happy Hour</i> NO MAKEUPS (S)	10 AM (Sun.) <i>All Levels</i> Megan (S)
5:30 PM <i>Power Yoga</i> Carly (S)	5:30 PM <i>Basic Hatha</i> Peggy/Liz (S)	6 PM <i>Vinyasa Flow</i> Paulette (M)	5:30 PM <i>Basic Hatha</i> Jessica/Staff (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 <i>Yoga For Strength:</i> 45-minute Vinyasa
5:30 PM <i>Beginners*</i> SEE INSIDE (M)	5:30 PM <i>MBSR*</i> SEE INSIDE (S)	7 PM <i>All Levels</i> Mona (S)	5:30 PM <i>Functional Pilates*</i> SEE INSIDE (S)	5:30 PM <i>Power Hour</i> NO MAKEUPS (M)	
7 PM <i>TBA</i>		7:30 PM <i>Yoga for Pregnancy*</i> SEE INSIDE (S)			

*SPECIALTY CLASSES ▪ Tan-shaded boxes See inside and website for specific dates (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: \$150 (15 CLASSES) Early Bird Discount: \$130

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.

Early Bird Discount: \$130 when you register before Summer Break (we are closed Aug. 26 to Sept. 9); or by mail and online until Sept 9.



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

PUNCHCARDS: \$120 (10 CLASSES)

Good for all registered session classes, one-year expiration date. *See website for August Punchcard sale!*

FALL UNLIMITED: \$350

Unlimited classes during Fall Semester, including \$5 Bargain and Fall Specialty classes (except MBSR)!

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.

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REGISTERED CLASSES

\$10 Registered ■ \$12 Punchcard ■ \$15 Drop-in
BEGIN ANYTIME! We pro-rate for late registrations
EARLY BIRD DISCOUNT 🐦 Save \$20 when you register by 9/9/18

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. Pre-requisite: Beginner's recommended. (70 min.)

- Mon., 10 AM
- Tues., 4 PM
- Tues., 5:30 PM
- Thur., 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.

- Tues., 9 AM (75 min.)
- Wed., 10 AM (60 min.)

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
- 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., 8:30 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



FANTASTIC WORKSHOPS THIS FALL! DON'T MISS OUT!

Sun Moon is welcoming the top Yoga Workshop Presenters and Educators in the region to offer awesome events alongside the excellent daily yoga classes taught by the Sun Moon Staff. *Events below are for all levels.*

SAVE THESE DATES:

- Oct. 6/Sat.; 1:30–4:30pm ■ “Trauma Sensitive Yoga,” with Jessa Walters, Minneapolis (jessawalters.com)
- Oct. 6/Sat.; 6:30–8:30pm ■ “Women’s Moon Medicine,” with Jessa Walters
- Nov. 10/Sat. (time TBA) ■ “Sacred Cacao Tour” with Lightworker Amy Heilman
- Nov. 18 and Dec. 2; 4–6pm ■ “Slow Sundays,” Restorative Yoga with Mona Cenicerros

SEE SUNMOONYOGASTUDIOS.COM EVENTS PAGE FOR DESCRIPTIONS, PAYMENT AND REGISTRATION INFORMATION.

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SPECIALTY CLASSES

Relaxing Pregnancy Yoga

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: September 12–October 10
- Section 2: October 17–November 14

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

- Section 1: September 13–November 15

Beginners 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.

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

MONDAYS: 5:30–6:40 PM

- Section 1: September 10–October 8
- Section 2: October 15–November 12

THURSDAYS: 7:30–8:40 PM

- Section 1: September 10–October 8
- Section 2: October 15–November 12

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

WEDNESDAYS: 10–11:15 AM (FULL)

Mindfulness-Based Stress Reduction

Live with greater ease and joy! An 8-week (30 hour) course in mindful meditation and yoga that has been taught by Liz Power Hawkinson, MSW. ***In addition to the Tues. evening 2.5 hour sessions, you'll enjoy a 7-hour retreat on Sat., Oct. 27 (8:30 AM–4:00 PM).***

Instructor Liz Power Hawkinson is a clinical social worker, registered yoga teacher for over 10 years, and life coach who has over 14 years of experience teaching the MBSR program. Her training in MBSR was done at the Center for Mindfulness at the University of Massachusetts Medical School. **8 classes/\$225**

TUESDAYS: 5:30–8 PM

- Session Dates: September 18–November 6 (**Free orientation: Tuesday, September 4, 5-7 p.m.**)
- Classes and orientation are held at Sun Moon Yoga; sign up for orientation by Sept. 4; call 507-934-3048
- **IMPORTANT:** You must register for this class through St. Peter Community Education prior to Sept. 13.



SUN MOON WELCOMES JESSA WALTERS FOR TWO UNIQUE EVENTS!

TWO SPECIAL EVENTS
OCTOBER 6

Creating Safe Space: Trauma & Yoga

1:30–4:30 pm
\$90 (3 CECs)

Women's Moon Medicine:
Moon in Virgo, Element of Earth

6:30–8:30 pm
\$75

BOTH EVENTS: \$150



PRESENTER: JESSA WALTERS

These events are part of Sun Moon Yoga's
Fall Yoga Study Curriculum but **ALL YOGA
STUDENTS ARE WELCOME!**

DETAILS sunmoonyogastudios.com/events

REGISTER Online at sunmoonyogastudios.com or
Email 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