

# 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 SAT., AUG. 25 (12 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM <i>Sunrise Power*</i> SEE FRONT		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)			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)	<b>\$5 DROP-IN CLASSES</b> <b>Blue-shaded boxes</b> <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>Cancelled</i> Staff (M)	7:30 PM <i>Pregnancy</i> SEE FRONT			

**\*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

**\$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~~ Cancelled ■ ~~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](http://sunmoonyogastudios.com)

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

507.387.6600 • [info@sunmoonyogastudios.com](mailto:info@sunmoonyogastudios.com)

## 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](http://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

SEE [SUNMOONYOGASTUDIOS.COM](http://SUNMOONYOGASTUDIOS.COM) EVENTS PAGE FOR DESCRIPTIONS, PAYMENT AND REGISTRATION INFORMATION.

# Transformation Occurs on the Yoga Mat - 200Hour RYT



*Life is full of things we meant to someday do...then didn't, and wished we had.*

*This Fall is a special LAST OPPORTUNITY to study yoga with me at my teaching home for almost 20 years, Sun Moon Yoga in Mankato.*

## **Yoga Alliance 200hour RYT Yoga Study:**

- ⌘ For previous yoga study participants who completed half of the study. You are urged to attend the four Fall 2018 Weekends, to complete study at current location. **Cost: \$1,600.**
- ⌘ For new participants, a last chance to complete Sun Moon Yoga Study (200hour Yoga Alliance Standards) at our current location. I am adding on Thursday (day/eve) to Oct. and Nov. weekends study of our current group — plus additional Saturdays/Sundays for eight weeks. **Cost: \$3,200.**

***A Fall Unlimited Studio Pass is also included!***

Please join me and be part of this special graduating class. Namasté, Mona.

**DETAILS: Visit [sunmoonyogastudios.com](http://sunmoonyogastudios.com)**

**REGISTER: Email Mona Cenicerros, Director of Education, [info@sunmoonyogastudios.com](mailto: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](http://sunmoonyogastudios.com)**

**f keyword: SMYoga**