



We need your energy to warm and enliven our space!

Come create community, help beautify our yoga practice space, add your support to our events and celebrate our 20th Spring.

Weekend Fun:

FRIDAY, 5/3

Bring a guest new to
Sun Moon FREE to 4PM
Happy Hour or 5:30PM
Power Hour

7-8:30PM •
Hip2Yin Yoga • \$15

SATURDAY, 5/4

Bring a guest new to
Sun Moon FREE to 8:30AM
Vinyasa or 10 AM All Levels

11:30AM–1:30PM • Deep
Valley Birth Collective yoga
class and crafts for mothers

3–5PM • Move Be Shine! • \$40

SUNDAY, 5/5

10AM–5PM
Meditative Activity/
Mandala Painting

Social Chores/
Spring Spruce

Everyone Invited
and Welcome!



Details at: sunmoonyogastudios.com/Events | facebook.com/SMYoga



SPRING 2019

Monday, March 18 to Saturday, May 25
(10 weeks)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM <i>Core-Strong Yoga</i> Mona	9 AM <i>Mindful Hatha</i> Nancy/Steph	9 AM <i>Core-Strong Yoga</i> Liz/Carol	9 AM <i>All Levels</i> Mona/Steph		8:30 AM <i>Vinyasa Flow</i> Staff
10:15 AM <i>Mindful Hatha</i> Mona/Carol		10:15 AM <i>Mindful Hatha</i> Mona/Carol			10 AM <i>All Levels</i> Staff
4:30 PM <i>Yoga 4 Strength</i> <i>(See Back)</i>	4 PM <i>Mindful Hatha</i> Stephanie	4:30 PM <i>Yoga 4 Strength</i> <i>(See Back)</i>		4 PM <i>Happy Hour</i> NO MAKEUPS	\$5 DROP-IN CLASSES <i>Happy Hour:</i> Easy/beginners <i>Power Hour:</i> Sample Power Yoga
5:30 PM <i>Power Yoga</i> Carly	5:30 PM <i>Mindful Hatha</i> Peggy/Liz	5:45 PM <i>Vinyasa Flow</i> Paulette	5:30 PM <i>Ashtanga</i> <i>(See Back)</i>	5:30 PM <i>Power Hour</i> NO MAKEUPS	
7 PM <i>Beginners</i> <i>(See Back)</i>	7 PM <i>Guest Teacher</i> <i>(See Back)</i>	7:15 PM <i>All Levels</i> Mona		7 PM <i>Guest Teacher</i> <i>(See Back)</i>	

= Teachers provide chair options during these Mindful Hatha classes = Specialty class (see specific dates on back)

JOIN ANYTIME! We have room in all our classes!


- Single Class Drop-in is \$15. **Unless Noted — Single class Drop-in in all above classes is \$15.**
- Buy a Punchcard (10 classes for \$120); anytime, on site or online. Good for a year in all Studio classes.



Spring Studio Classes Join Anytime!

Mindful Hatha *(beginners and experienced students)*

The perfect de-stress yoga class! Slow stretch, doable strength work and moments of mindfully-paced movement in 70 minutes.

- Mon., 10:15 AM
- Tue., 9 AM
- Tue., 4 PM
- Tues., 5:30 PM
- Wed., 10:15 AM  (Same class, uses a chair)

All Levels *(no experience needed)*

All ages, all sizes, all levels of yoga experience combine in a practice emphasizing making individual choices in poses. This is a non-flowing, 75-minute yoga class.

- Wed., 7:15 PM
- Thurs., 9 AM
- Sat., 10:15 AM

Gentle

Will return this Fall!

Yoga for Strength

See Specialty Classes on back

Core-Strong Yoga *(no experience needed)*

Grace comes from strength. Strengthen core abdominal, back muscles with mat-work and body-weight yoga poses. Add: affirmations and inspirational readings for an inside out strong. This class is 60 minutes.

- Mon., 9 AM
- Wed., 9 AM

Vinyasa Flow *(experienced or fit beginner)*

It's all about the flow as yoga sequences, breathwork and movement increases. Teachers offer modifications and opportunities to adjust intensity. This class is 75 minutes.

- Wed., 5:45 PM
- Sat., 8:30 AM

Power Yoga *(experienced or fit beginner)*

Flow plus strength work. Power Yoga borrows from the Ashtanga tradition including Sun Salutations. This class is 75 minutes.

- Mon., 5:30 PM

Studio Class Registrants, you may "Make-up" missed classes in other Studio classes until the session ends (Specialty classes NOT included). Sun Moon Studio Classes are team taught by the Sun Moon All Star Teaching Staff.

Yoga + Music = Lovefest!



On February 22, we welcomed musician Kevin Paris to the first event at our new Union Market space. Thanks to teacher Carly Hopper and all the yoga students that made it a groovy evening!

Spring Specialty Classes Specific Dates and Prices

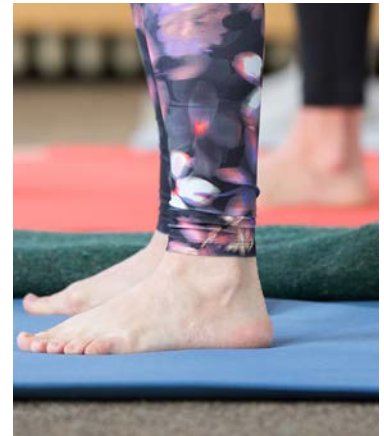
Introduction to Yoga for *Beginners!*

MONDAYS: 7 PM (75 mins.)

- All of April (No MAY classes)

Cost: Free your first time, and any time you bring a first-time friend. Returning and regular students, only \$10 Drop-in.

This class is offered to provide the best introductory experience possible. We're hoping you want to repeat it, and bring friend. Come, let us share with you the health benefits, and other reasons we love yoga. Ages ten and older with an adult, all sizes, body types welcomed.



Yoga for Strength

\$10

MONDAYS & WEDNESDAYS: 4:30 PM (45 mins.)

- March 18–May 22

Cost: Punchcards or \$10 Drop-in.

Much-appreciated class for 20 years, because students get stronger! Designed to meet ACSM

Guidelines for strength-training (meets twice-weekly); using yoga flow/body-weight asanas. Best results/best price a committed registration.



Ashtanga Primary Series

THURSDAYS: 5:30 PM (75 mins.)

- March 21–May 30

\$15

Cost: \$15 Drop-in

A physically challenging form of traditional yoga. Contact Rachael Hanel: rhanel@hickorytech.net or visit [facebook.com/AshtangainMankato](https://www.facebook.com/AshtangainMankato) for more information.

Guest Teacher Series

\$15

TUESDAYS: 7 PM (75 mins.)

- April 2–23

FRIDAYS: 7 PM (75 mins.)

- April 12–May 3

Cost: Punchcards, \$15 Drop-in and Makeups welcome.

Guest Teachers are enthusiastic beginner teachers, masterful experienced teachers, and teach styles we don't offer at Sun Moon Yoga. Best price: pre-register or walk-ins welcome

sun
moon  yoga

NOW LOCATED IN THE BACK OF UNION MARKET: 615 South Front Street
507.613.0994 | info@sunmoonyogastudios.com | sunmoonyogastudios.com  