

\* PREVIEW COPY. Classes without registrations are cancelled after the first week. \*



**FALL 2019**  
 Friday., Sept. 6–Sat., Dec. 21  
 (15 weeks)



Summer's End Break: Sun., August 25 to Thurs., September 5. Friday 8/30 classes during break.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
8:30 AM <b>Vinyasa Flow</b> Mona/Carol	9 AM <b>Mindful Hatha</b> Nancy	9 AM <b>Vinyasa Flow</b> Mona/Liz	9 AM <b>Gentle</b> NO DEC. CLASSES		8:30 AM (Sat.) <b>Vinyasa Flow</b> Staff
10 AM <b>Mindful Hatha</b> Mona/Staff					10 AM (Sat.) <b>All Levels</b> Staff
4:30 PM <sup>\$5</sup> <b>Yoga 4 Strength</b> NO MAKEUPS	4 PM <b>Mindful Hatha</b> Stephanie		4:30 PM <sup>\$5</sup> <b>Yoga 4 Strength</b> NO DEC. CLASSES	4 PM <sup>\$5</sup> <b>Happy Hour</b> NO MAKEUPS	10 AM (Sun.) <b>All Levels</b> NO DEC. CLASSES
5:30 PM <b>Full Power</b> Carly	5:30 PM <b>Mindful Hatha</b> Peggy	5:30 PM <b>Vinyasa Flow</b> Gina/Megan	5:30 PM <b>Ashtanga</b> NO DEC. CLASSES	5:30 PM <sup>\$5</sup> <b>Power Hour</b> NO MAKEUPS	
7 PM <sup>\$5</sup> <b>Beginners</b> NO DEC. CLASSES	7 PM <sup>\$15</sup> <i>Special Classes w/ Mona</i> NO DEC. CLASSES	7 PM <b>All Levels</b> Mona/Megan			

  = \$5 Drop-In Classes: **Happy Hour:** Easy/beginners | **Power Hour:** Sample Power Yoga | **Yoga 4 Strength:** 45-minute Vinyasa. **No Makeups of Studio Classes in Bargain Classes.**

  = Specialty class (see specific dates inside)

## Fall REGISTRATION Deadline ▪ Punchcards ANYTIME

### BEFORE SEPTEMBER 12

- Register for Studio Classes (15 for \$150), Specialty Classes (see inside prices), or buy a Fall Unlimited Pass (\$360), prior to Sept. 12 to save money; sustain our studio. Buy now in person/online; during break online until deadline. You may also pay for your class during the first week of the new session.

### AFTER SEPTEMBER 12

- Buy a Punchcard (10 classes for \$120. Purchase anytime on site or online. Good for a year in all Studio classes.
- Single Class Drop-in is \$15. We have room in all our classes.

info@sunmoonyogastudios.com | sunmoonyogastudios.com  

# Fall Studio Classes



# Join Anytime!

## Gentle *(no experience needed)*

The foundational poses taught in Beginners Yoga are practiced more slowly, in order to modify, use props. This class is 75 minutes and for ANY student who appreciates a slower practice.

- Thurs., 9 AM **No Dec. Classes (11 for \$110)**

☞= Chairs are available for students who might benefit

## 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 AM      ■ Tues., 9 AM
- Tues., 4 PM      ■ Tues., 5:30 PM

☞= Chairs are available for students who might benefit

## 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 PM      ■ Sat., 10 AM
- Sun., 10 AM **No Dec. Classes (12 for \$120)**

## 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.

- Mon., 8:30 AM      ■ Wed., 9 AM
- Wed., 5:30 PM      ■ Sat., 8:30 AM

## Full Power *(experienced or fit beginner)*

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 classes. (75 min.)

- 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).

## Registered Students Sustain Sun Moon Yoga

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Class I am supporting by Registration \_\_\_\_\_

Day/Time of Class \_\_\_\_\_

This Class is a  Studio Class  Specialty Class  Special Event

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.*

Amount paid \_\_\_\_\_  Check # \_\_\_\_\_  Cash  Online Payment

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Gratitude for your support of yoga in Mankato.*



Now Located at the back of  
UNION MARKET:  
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507.340.7099

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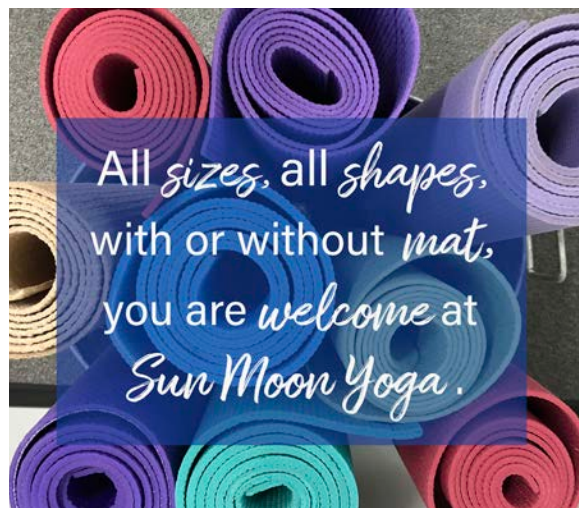
# Fall Specialty Classes Specific Dates and Prices

## Beginners - Introduction to Yoga is for You!

**MONDAYS: 7-8 PM**

- Sept. 9-30; Oct. 7-28; Nov. 4-25 (12x) **No Dec. Classes**
- **Cost:** \$5 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.



## Ashtanga Primary Series with Rachael Hanel

**THURSDAYS: 5:30-7 PM**

- Sept. 19-Nov. 21 (10x)  
**No December Classes**
- **Cost:** \$100 for 10 Classes or  
\$15 Drop-in

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



## Radical Wellness for Women

**\$15**

**TUESDAYS: 7-9 PM**

- Sept. 24, Oct. 22, Nov. 26 (3x) **No December Classes**
- **Cost:** \$15 Drop-in; Punchcards, Makeups and Unlimited welcome.

Wellness as a top priority is a radical act. Quit your life for two hours and choose YOU. No experience necessary. Drop-ins (\$15) WELCOME! Mindfulness, meditation and relaxation activities for women of all ages and sizes. No pre-registration needed.



## Dynamic Flow Vinyasa

**\$15**

**TUESDAYS: 7-8:30 PM**

- Sept. 17, Oct. 15 and Nov. 19 (3x) **No December Classes**
- **Cost:** \$15 Drop-in; Punchcards, Makeups and Unlimited welcome.

Love Vinyasa Flow? Come experience a resonating practice with a groovy vibe. Mona Cenicerros has been in love with this flowing yoga style for 20 years! A little extra of everything, class is 90 minutes. Experience recommended; no pre-registration required.



# Fall Yoga Study With Mona & Carly

**SIX WEEKEND INTENSIVES ■ COMPLETION MAY 3, 2020**

**August 17: Saturday, 10am-Noon Q & A with Mona (FREE)**

**Required weekend dates:**

- **Sep. 20-22: Friday-Sunday**
- **Oct. 11-13 and/or Oct 25-27, Friday-Sunday**
- **Nov. 15-17 (Fri.-Sun.) and/or Nov. 23-24 (no Fri.)**
- **March 27-29: Friday-Sunday**
- **April 24-26: Friday-Sunday**
- **May 1-3: Friday-Sunday**



sun  
moon  yoga

**Questions? Contact Mona:**  
[info@sunmoonyogastudios.com](mailto:info@sunmoonyogastudios.com),  
Facebook, and (507) 340-7099

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

Sun Moon Yoga Study qualifies you for Yoga Alliance 200hour RYT (Registered Yoga Teacher).  
See [yogalliance.org](http://yogalliance.org) for details.