

Sunbeams Yoga



for Every Body

Contact Us:

Email: info@sunbeamsyoga.com
Phone: 434-882-3453 (call or text)
Website: www.sunbeamsyoga.com

8767 Seminole Trail Suite 103
 Ruckersville VA 22968
 (Countryside Commons)

Find the most up-to-date schedule information
 at www.sunbeamsyoga.com/schedule

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Weekly Drop-In Class Rates:

Drop-In Rate: \$15.00
 3-Class Pass: \$36.00
 5-Class Pass: \$55.00
 10-Class Pass: \$100.00

Intro Offer: 2 Weeks Unlimited \$22.00
 Monthly Unlimited: \$80.00 w/auto-pay \$72.00

Pay-What-You-Can (PWYC) Classes: \$5/\$10/\$15

Multi-class & Unlimited passes do not include
 Workshops, Series, and Special Events

March 2018 Weekly Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:15 AM Gentle Hatha Yoga (Karen)		8:45 - 10:00 AM Yoga for Beginners (PWYC) (Hannah)	8:45 - 10:00 AM Yin Yoga (Karen)	9:45 - 11:00 AM All Levels Hatha Yoga (Karen)	9:15 - 10:30 AM Slow Flow Yoga (Cora)	9:00 - 10:00 AM Slowga: Slow, Gentle Beginners Yoga (PWYC) (Amy)
10:45 AM - 12PM Vinyasa Flow (Carrie)			10:30 - 11:30 AM Chair Yoga (Karen)		10:45 AM - 12PM Gentle Hatha w/ Myofascial Release (Cora)	10:15 - 11:30 AM * Restorative Yoga with Guided Deep Relaxation (Amy)
			12:45 - 2:00 PM * Extra Gentle w/ Restorative (Karen)			12:00 - 1:00 PM 2nd Saturday Community Yoga (Free/Donation)
5:30 - 6:45 PM Yin Yoga (Karen)	5:30 - 6:30 PM Gentle Chair Yoga (Karen)	5:30 - 6:45 PM All Levels Hatha Yoga (Karen)	5:30 - 6:45 PM All Levels Vinyasa Flow (Jen)	5:30 - 6:45 PM Yin Yoga (Benita)	6:15 - 7:30 PM Flow into Stillness (Carrie)	12:00 - 1:00 PM 3rd Saturday Community Meditation (Free/Donation)
	7:00 - 8:15 PM Yes You Can! Yoga (PWYC) (Karen)	7:00 - 8:15 PM * Restorative Yoga (Karen)	7:00 - 8:15 PM All Levels Hatha Yoga (Cora)	7:00 - 8:15 PM Gentle Hatha Yoga (Benita)		12:00 - 1:00 PM 4th Saturday Kids & Family Yoga (\$5/person)

**Restorative Yoga classes are limited to 12; advance registration is recommended.*

Schedule subject to change! Please visit www.sunbeamsyoga.com/schedule
 or check schedule posted at the studio for the most up-to-date info.

March Special Events:



Body Positive Yoga Workshop
 Saturday, March 3, 10:00am - 1:00pm, \$45
Teacher Intensive: Yoga For All
 Saturday, March 3, 2:00pm - 6:00pm, \$75



Community Yoga
 Beginner-friendly free/donation class
 Saturday March 10th
 12-1pm

Sunbeams Yoga, 8767 Seminole Trail Suite 103, Ruckersville
www.sunbeamsyoga.com



Yin Yoga & Reiki Healing
 MARCH 31 3pm-5pm

CELEBRATE THE SPRING EQUINOX & FULL MOON

SUNBEAMS.YOGA.COM

To learn more and register for Workshops, Series, and Events visit www.sunbeamsyoga.com/events

See other side for drop-in class descriptions

Chair Yoga

This class has both seated and standing postures. We begin and end seated, and use the chair for support in a variety of standing strengthening, balancing, and stretching poses. This is a great class for those who have difficulty getting up/down from the floor, or who cannot put pressure on joints in kneeling poses.

(Gentle) Chair Yoga

In this mostly-seated class, we bring motion to the joints and strength to the muscles through gentle, slow movement. There are a few standing postures offered, using the chair for support, with options to adapt all standing poses for those who remain seated. This class is ideal for anyone who is looking for movement and breath awareness with little to no standing, including individuals living with chronic pain or illness and those with limited mobility.

Community Meditation

This once-a-month informal meditation group is offered to the community at no cost. In this group, we practice focusing on our breath to develop the depth and steadiness of our attention. Includes guided, walking, and silent meditation, followed by discussion time where your questions are welcome. Chairs, bolsters, and blankets are available for sitting; you may bring your own cushion if you prefer. Open to new beginners and meditators who have been practicing many years.

Donations for local charity are accepted but not required.

Community Yoga

This is a once-a-month beginner-friendly class offered to the community at no cost. Mats and accessories are provided, but you may bring your own if you wish. Donations for local charity are accepted but not required. Ages 14-up.

Flow into Stillness

In this all-levels class, we use yoga postures to properly prepare the mind-body for stillness. Modifications and options are available for the postures we encounter during the movement portion. As we move into stillness, we will limit bodily movement in an effort to quiet the mind and redirect our senses inward. Breathing techniques and guided relaxation help integrate the mind-body, bringing about a feeling of calm, a greater sense of inner-peace, and a feeling of wholeness.

All Levels Hatha Yoga

Develop strength, balance, and flexibility through the practice of yoga postures, with a focus on alignment and breath awareness. Includes lying, seated, hands-and-knees, and standing poses. Some previous experience with yoga is helpful for this class, but not required. Options are given to increase or decrease intensity and to fit the poses to all bodies present.

Gentle Hatha Yoga

This is a slower, gentler version of traditional Hatha Yoga. More time is spent warming the body through reclined or seated movement before coming to standing postures. This class ends with one or more restorative poses. Great for beginners and anyone looking for gentle movement.

Gentle Hatha Yoga with Myofascial Release

This class combines breath work, yoga poses, gentle movement, and myofascial release techniques to decrease tension, relieve stresses of daily activity, and increase enjoyment in movement and in stillness. Myofascial release uses tennis balls and yoga blocks to apply gentle, sustained pressure to connective tissue. Benefits include muscle relaxation, increased circulation, mobility and efficiency, and decreases in injury, soreness, and tension. Suitable for all levels.

Extra Gentle w/ Restorative *

Slow, gentle movement from seated or lying down -- no hands & knees, no standing -- followed by Restorative Yoga postures for deep rest.

Kids & Family Yoga

This once-a-month class provides a space where adults and kids can learn and practice basic yoga poses together in a fun, playful environment. We use our yogi imaginations to journey to faraway places, go on amazing adventures, and play fun games while learning yoga poses and breath/body awareness. We will practice moving, being still, and most of all - we will have fun! \$5/person, ages 5-up.

Restorative Yoga *

This class consists of supported reclined postures which allow the body to completely relax. Great for stress relief, tired muscles and joints, and anyone looking for some quiet rest.

Restorative Yoga with Guided Deep Relaxation *

We begin with Restorative Yoga postures, using props for support to allow the body to completely relax. This is followed by the practice of Yoga Nidra ("yogic sleep"), a guided relaxation allowing the body to fully rest while the mind stays alert. This class provides a refreshing, guided journey into deep rest.

Slowg: Slow, Gentle Beginners Yoga (Pay-What-You-Can)

Start your weekend with a relaxing practice to rejuvenate your body through focus on breath, stretch, and mindful movement. Designed for beginners and those looking for a slow, gentle class. This class is Pay-What-You-Can \$5/\$10/\$15.

Slow Flow Yoga

Slow, guided movement with the flow of breath; this class offers poses geared to unwind, release, reset, rejuvenate, and ready you for the rest of your day. Options will be offered for multi levels of experience, as well as options to decrease or increase intensity and challenge to fit your needs for that particular day. Some yoga experience helpful but not necessary.

All Levels Vinyasa Flow

In this class, we synchronize breath with movement, with a focus on linking conscious breath with a mindful flow. We awaken our strength, energy, and flexibility in a fun atmosphere. Movement through poses is faster-paced, and the ability to easily move from the floor to standing is helpful. Open to all experience levels. Individual modifications will be available.

Vinyasa Flow

In this class, we mindfully integrate breath and movement, building heat inside the body as we explore more challenging flows and postures. This class is best suited to those with prior yoga experience who can move through poses and from floor to standing with ease. Individual modifications and options will be available.

Yes You Can! Yoga (Pay-What-You-Can)

Instead of focusing on what we "can't" do - due to size, experience, or physical limitations - in this class we explore all that our bodies CAN do through yoga. This body-affirming class moves at a slower pace, using options and props to make each pose work for each body, right now, just as it is. Questions are encouraged. People in large, stiff, or inflexible bodies, as well as brand new beginners, can benefit. Come as you are! All bodies welcome and respected. PWYC \$5/\$10/\$15.

Yoga for Beginners (Pay-What-You-Can)

Those who are new to yoga, as well as those looking for a slower-paced class with a focus on alignment and stability in poses, can benefit from our Beginner classes. Options are offered to make each pose work for every body present. Designed for beginners, people in large or inflexible bodies, and those with stiff or creaky joints. All bodies welcome! This class is Pay-What-You-Can \$5/\$10/\$15.

Yin Yoga

Yin Yoga is a practice that targets the connective tissues in the body. Passive postures from seated or lying down are held for an extended period of time, allowing the muscles to relax and release. The stillness of Yin Yoga can ease tension, quiet the mind, increase circulation to the joints, and improve flexibility over time.

**Classes followed by an asterisk are limited to 12; advance registration is recommended.*