

# 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 info  
 at [sunbeamsyoga.com/schedule](http://sunbeamsyoga.com/schedule)

Follow us: @sunbeamsyoga



## 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

## June 2018 Weekly Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:15 AM <b>Gentle Yoga</b> (Karen)	10:00 - 11:15 AM <b>Slow Flow</b> (Dana) <i>begins June 11</i>		8:45 - 10:00 AM <b>Yin Yoga</b> (Karen)	9:45 - 11:00 AM <b>All Levels Hatha Yoga</b> (Karen)	10:00 - 11:15 AM <b>Gentle Hatha w/ Myofascial Release</b> (Cora)	9:45 - 11:00 AM <b>* Extra Gentle w/ Restorative</b> (Amy)
10:45 AM - 12PM <b>Vinyasa Flow</b> (Carrie)	<i>Please note: the studio will be closed/no classes for Memorial Day May 28</i>					12:00 PM <b>2nd Saturday Community Yoga (Free/Donation)</b>
5:30 - 6:45 PM <b>Yin Yoga</b> (Karen)	5:30 - 6:30 PM <b>Gentle Chair Yoga</b> (Karen)	5:30 - 6:45 PM <b>All Levels Hatha Yoga</b> (Karen)	5:30 - 6:45 PM <b>All Levels Vinyasa Flow</b> (Jen)	5:30 - 6:45 PM <b>Yin Yoga</b> (Benita)	6:15 - 7:30 PM <b>Flow into Stillness</b> (Carrie)	12:00 PM <b>3rd Saturday Community Meditation (Free/Donation)</b>
	7:00 - 8:15 PM <b>Yoga for Your Body [PWYC]</b> (Karen)	7:00 - 8:15 PM <b>* Restorative Yoga</b> (Karen)		7:00 - 8:15 PM <b>Beginners &amp; Beyond [PWYC]</b> (Amy)		

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

Schedule subject to change! Please visit [sunbeamsyoga.com/schedule](http://sunbeamsyoga.com/schedule)  
 or check schedule posted at the studio for the most up-to-date info.

## June Special Events:

**Community Yoga**  
 Beginner-friendly free/donation class



Saturday  
 June 9  
 12-1pm

Sunbeams Yoga, 8767 Seminole Trail Suite 103, Ruckersville  
[www.sunbeamsyoga.com](http://www.sunbeamsyoga.com)

Saturday June 9th 3-5pm

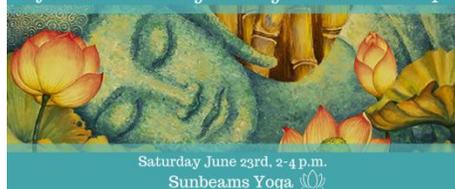
CELEBRATE THE JOY OF SUMMER!

YIN YOGA, REIKI HEALING & HANDPAN EVENT!

Sunbeams Yoga  
[sunbeamsyoga.com/events](http://sunbeamsyoga.com/events)

Stitch, Restore, and a Little Bit More

Eye Pillow Stitching and Yoga Nidra Workshop



Saturday June 23rd, 2-4 p.m.  
 Sunbeams Yoga

To learn more and register for Workshops, Series, and Events visit [sunbeamsyoga.com/events](http://sunbeamsyoga.com/events)

## Class Descriptions

### **Beginners & Beyond [PWYC]**

This slower-paced class focuses on alignment and stability in poses, strength-building, and breath awareness. Options are offered to increase or decrease intensity to suit all bodies and abilities present. Questions are encouraged. Large, curvy, stiff, inflexible bodies welcome! Come as you are. This class is Pay-What-You-Can \$5/\$10/\$15.

### **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.

### **Extra Gentle w/ Restorative \***

Slow, gentle movement with a focus on breath, stretch, and mindfulness, followed by Restorative Yoga postures for deep rest. All movement done from seated or lying down -- no hands & knees, no standing -- making this class perfect for those with chronic illness, inflammation, or recovering from injury. Great for beginners and anyone looking for a slow, gentle class. *\*This class is limited to 12; advance registration is recommended*

### **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.

### **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 and no getting up/down from the floor, including individuals living with chronic pain or illness and those with limited mobility, as well as those who spend long hours at a desk or who have tight shoulders and hips.

### **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.

### **Gentle Yoga**

This gentle class is slower-paced, focusing on mindful movement and increasing mobility. 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 and includes breathwork and guided relaxation. Great for beginners and anyone looking for gentle movement.

### **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.

### **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. *\*This class is limited to 12; advance registration is recommended*

### **Slow Flow**

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.

### **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.

### **Yoga For Your Body [PWYC]**

This class provides a body affirming space to cultivate a yoga practice that meets you where you are, encouraging acceptance of what your body can do in the present moment. For people who are in large or curvy bodies, living with chronic pain or illness, or who have limited mobility, this class includes gentle exploration of movement at a slower pace, using options and props to make each pose work for each body, right now, just as it is. Beginner-friendly! Each class ends with restful Restorative poses and Guided Relaxation to lower stress hormones and provide deep rest. All bodies welcome and respected in this no-pressure, judgement-free zone. Come as you are! This class is Pay-What-You-Can \$5/\$10/\$15.

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