



Sunbeams Yoga - for Every Body

8767 Seminole Trail Suite #103

Ruckersville, VA 22968

Located on Route 29 just South of the 29/33 intersection,
in the two-story brick Countryside Commons building

Email: info@sunbeamsyoga.com

Phone: 434-882-3453 (call or text)

Website: www.sunbeamsyoga.com

Facebook/Instagram/Twitter: @sunbeamsyoga

February Weekly Drop-In Classes

Intro Offer: 2 Weeks Unlimited \$22.00

Two consecutive weeks of unlimited drop-in classes for new clients; begins at first visit.

Single Class: \$15.00

3-Class Pass: \$39.00

10-Class Pass: \$100.00

One Month Unlimited: \$85.00

Classes marked PWYC are Pay-What-You-Can \$5/10/15

SUN	MON	TUE	WED	THU	FRI	SAT
9:00-10:15 AM Gentle Yoga (Karen)		9:00-10:15 AM Beginners & Beyond [PWYC] (Karen)	9:00-10:15 AM Yin Yoga (Karen)	9:00-10:15 AM All Levels Yoga (Amy B)		10:30-11:45 AM Nia (Mary Linn)
5:30-6:45 PM Yin Yoga (Karen)	5:30-6:30 PM Chair Yoga for Limited Mobility & Healthy Aging (Karen)	4:00-5:15 PM Gentle Yoga (Jenn)		4:00-5:15 PM Restorative Yoga (Karen) <i>*limited to 12; advance signup recommended*</i>	5:30-6:45 PM All Levels Yoga (Amy B)	
	7:00-8:15 PM Body Joy (Amy D)	7:00-8:15 PM Restorative Yoga (Karen) <i>*limited to 12; advance signup recommended*</i>		7:00-8:15 PM Beginners & Beyond [PWYC] (Karen)		See our Workshops & Series schedule for other Saturday offerings

February Workshops, Series, and Events

Not included in Multi-class or Unlimited Passes

Some workshops and series have registration deadlines; please see descriptions for rate and registration info.

Myofascial Release Workshop: Upper Back, Shoulders, Neck

with Cora Houghton

When: Saturday February 9, 2:00 - 4:00 PM

Cost: \$30

Registration: Advance registration recommended to reserve your space in this very popular workshop.

Partner Yoga Workshop

with Karen Barker

When: Saturday February 16, 4:00 - 5:30 PM

Cost: \$15/person

Registration: Advance registration recommended; space is limited!

Coming in March:

Mandala Stitching Workshop - March 9

Caregiver Survival Skills Workshop - March 23

View more info about workshops & series and register online at: sunbeamsyoga.com/events

Schedule subject to change. View our schedule online at sunbeamsyoga.com/schedule for the most up-to-date info.