



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

May 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) <i>no class 5/1</i>	9:00-10:15 AM All Levels Yoga (Amy B)		9:00-10:15 AM Slow Flow (Jasmine) <i>no class 5/25</i>
5:30-6:45 PM Yin Yoga (Karen)	5:30-6:30 PM Chair Yoga (Karen) <i>no class 5/27</i>	<i>new time!</i> 5:30-6:30 PM Gentle Yoga (Jenn)			5:30-6:45 PM All Levels Yoga (Amy B)	10:30-11:45 AM Nia (Mary Linn) <i>no class 5/25</i>
	7:00-8:00 PM Special Class on 5/13: Yoga Nidra (Karen)	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)		

May 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.

Yoga for People of Color

with Benita Mayo

When: Saturday May 11, 2:00 - 3:15 PM

A free offering for anyone who identifies as a person of color to gather together and practice yoga in a safe and nurturing setting. All levels, beginner-friendly, no experience or flexibility required.

Spring Community Yoga [rescheduled from April]

with Karen Barker

When: Friday May 24, 7:00 - 8:00 PM

Offered by donation; proceeds benefit Madison-Greene Humane Society.

View more info and register online at: sunbeamsyoga.com/events

Sunbeams Yoga turns 2 in May!

Visit our website or see us in studio for our 2-for-1 special on 10-class passes in May (limit 1 purchase per person)

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

During inclement weather, please check on the online schedule or our Facebook page for possible cancellations.