



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 (lower level)

Email: info@sunbeamsyoga.com

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

Website: www.sunbeamsyoga.com

Facebook/Instagram/Twitter: @sunbeamsyoga

August 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) No class 8/25		9:00-10:15 AM Beginners & Beyond [PWYC] (Karen)	9:00-10:15 AM Yin Yoga (Karen) No class 8/28	9:00-10:15 AM All Levels Yoga (Amy B)		
5:30-6:45 PM Yin Yoga (Karen) No class 8/25	5:30-6:30 PM Chair Yoga (Karen) No class 8/5, 8/26	5:30-6:45 PM Gentle Yoga No class 8/27		7:00-8:15 PM Beginners & Beyond [PWYC] (Karen) No class 8/15, 8/22, 8/29	5:30-6:45 PM All Levels Yoga (Amy B) No class 8/23	
		7:00-8:15 PM Restorative Yoga (Karen) <i>*limited to 12; advance signup recommended*</i>				

Massage

Jenn Bennett-Mintz [LMT, RYT500, and Reiki Master
Teacher] is available for Swedish/Relaxation and
Therapeutic massage appointments on Wednesdays and
select Saturdays in August.

Massage Pricing Options:

30 Minute Massage: \$40

60 Minute Massage: \$75

90 Minute Massage: \$110

120 Minute Massage: \$150

Visit sunbeamsyoga.com/massage to book yours!

We are excited to host the Accessible Yoga
Organization for a multi-day training at the end of
August! Yoga Teachers, Physical Therapists, and
others offering movement-based work are invited to
join us to learn how to make your classes and
individual sessions accessible to all. See
accessibleyogatraining.com/register/ruckersville-2019/
for more info & to register.

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