



# 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

## October Drop-In Classes

**Sunbeams Yoga is closing in November.**

Some classes will end in October; some  
will continue through November.

Thank you for your support during our  
2 ½ years serving this community!

Single Class: \$10.00  
One Month Unlimited: \$85.00  
PWYC = Pay-What-You-Can \$5/10/15

SUN	MON	TUE	WED	THU	FRI	SAT
9:00-10:15 AM Gentle Yoga (Karen) <b>No class 10/20 &amp; 10/27</b>		9:00-10:15 AM Beginners & Beyond [PWYC] (Karen) <b>No class 10/22</b>	9:00-10:15 AM Yin Yoga (Karen) <b>No class 10/23</b>			
5:30-6:45 PM Yin Yoga (Karen) <b>No class 10/20 &amp; 10/27</b>	5:30-6:30 PM Chair Yoga (Karen) <b>No class 10/21 &amp; 10/28</b>	5:30-6:45 PM Gentle Yoga (Jenn)			5:30-6:45 PM All Levels Yoga (Amy B)	
		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) <b>No class 10/24 &amp; 10/31</b>		

## Massage Appointments

### Massage Pricing Options:

30 Minute: \$40  
60 Minute: \$75  
90 Minute: \$110  
120 Minute: \$150

*Jenn Bennett-Mintz, LMT, RYT500, and Reiki Master Teacher,  
is available for Swedish/Relaxation and Therapeutic massage  
appointments on Wednesdays and select Saturdays through  
the end of November.*

### Relax: Swedish-inspired Integrated Massage

Includes light to medium pressure along with marma point  
and aromatherapy tailored to relax mind and body.

### Release: Therapeutic Massage

Includes deep tissue, trigger point, myofascial work,  
cupping, and/or Thai-inspired assisted stretching to release  
discomfort or pain from specific injury or long term holding  
patterns.

Visit [sunbeamsyoga.com/massage](http://sunbeamsyoga.com/massage) to book yours!

Schedule subject to change. View our schedule online at [sunbeamsyoga.com/schedule](http://sunbeamsyoga.com/schedule) for the most up-to-date info.