

SUN MOON YOGA

404 W. Huron Ann Arbor 48103
734-929-0274

sun-moon-yoga.com

Summer Special

Early Registration Take 10% off
2nd class (per student) 30% off

Must be in by 5 pm 6/30. Please don't ask for exceptions. To find out about early registrations in advance, please join our mailing list through the website. Drop Box is by front door. Valid for class registrations only.

SPIRITED YOGA: Vinyasa-style—focused breath & movement through postures energizes the body & focuses the mind. Best for those without major health limitations who want an invigorating practice that builds strength and calms the mind.

Mon. 6:15-7:30 p.m. 7/7-8/25 \$88

Thu. 9:30-10:45 a.m. 7/10-9/4 \$99

MOONLIGHT YOGA: —Controlled breath while sustaining postures energizes the body, calms the mind, & leads to Self discovery.

Mon. 7:45-9pm 7/7-8/25 \$88

Wednesdays 7:45-9 7/9-9/3 \$99

KRIPALU Cultivate a deeper sense of compassion posture & breath practice.

Moderately Vigorous Level

Tues. 5:30-6:45 p.m 7/8-9/2 \$99

Sat. 9:15-10:30am 7/12-9/6 \$99

Gentle Level

Tues.7-8:15 p.m. 7/8-9/2 \$99

CLASS SCHEDULE SUMMER 2008

JULY 7-SEPT. 7, 2008
PLEASE CHECK WEBSITE FOR CHANGES

	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:45 AM		BASIC YOGA SONDRA		SPIRITED VINYASA SONDRA		9:15-10:30 KRIPALU— MODERATE TANYA STARTS 7/19	BASIC SHANNON 9-10:15 AM
11AM-12:15				BETTER BACKS 11-12:15 SONDRA		BASIC 10:45-NOON	BETTER BACKS SHANNON 10:30-11:45
5-6 PM		5:30-6:45PM KRIPALU— MODERATE TANYA					
6:15-7:30PM	SPIRITED VINYASA SONDRA	7-8:15 PM GENTLE KRIPALU TANYA	BASIC SHANNON				
7:45-9PM	MOONLIGHT YOGA SONDRA		MOONLIGHT YOGA ITA	PRENATAL 7:15-8:30 NOGA			

We're Flexible

Drop In's \$13
10-Class Cards
\$119
Unlimited
\$99/month

BASIC YOGA releases the body & mind from tensions allowing you to regain balance & energy. Recommended for everybody, it includes a balanced mix of standing and seated postures, breath awareness & yoga centering techniques.

Tue 9:30-10:45 a.m. 7/8-9/2 \$99

Wed. 6:15-7:30 p.m. 7/9-9/3 \$99

Sat. 10:45-Noon 7/12-9/6 \$99

Sun 9-10:15 am 7/13-9/7 \$99

BETTER BACKS: Slow Pace. Classic yoga postures and techniques are used to strengthen and maintain the health of the spine and back muscles while soothing tension throughout the body.

Thu: 11-12:15 a.m. 7/10-9/4 \$99

Sun: 10:30-11:45 a.m. 7/12-9/6 \$99

PRENATAL YOGA: Classic yoga postures, breath and techniques for awareness and centering to support the birthing experience & motherhood.

Thu. 7:15-8:30 pm 7/10-9/4 \$99

PRIVATE YOGA THERAPY

Please call 929-0274 to schedule

YOGA TEACHER CERTIFICATION

250 Hr. 5 Weekend Intensives + flex. Hrs.
Fall Session begins September 12

500 Level Professional Yoga Therapist please see multidimensionalyogatherapy.com

WORKSHOPS— PLEASE SEE WEBSITE