



Heal Your Headache with Yoga

Studies show that 75% of headaches begin with neck and shoulder muscle tension. Learn practical, simple, and proven techniques to release at the onset of stress and tightening. Stop headaches before they start or relieve a "headache-in-progress." Taught RYT 500 Yoga Therapist.

Sun Moon Yoga Studio's State Licensed, Yoga Alliance Teacher Certification: Educating the most knowledgeable and skilled yoga teachers since 2006.



Sunday April 27, 1-3 pm

Cost: \$35;

\$25 registered by 4/17

Sun Moon Classes, Professional Development & Teacher Certification

Spring 2014 Yoga Schedule starts 4/21

Drop-in's always Welcome
Vinyasa, Basic, Better Backs, Therapeutic, Healthy Weight & Anxiety & Depression

Mudra, Mantra & Meditation. Sat. May 10, 2014 1-3 pm. \$35; \$25 pd. by 5/3.

Muscle Anatomy: Find, Function & Fluency
June 20-22 \$300; \$250 by 6/9. (Free w/2014 200 & 500 level RYT & Thai Training)

RYT 200 Teacher Certification \$2900; \$2700 pd. by 5/1.
5 Weekends + Flex Hrs 5/30-6/1, 6/20-22, 7/18-20, 8/1-3 or 22-24 TBA, 9/5-7

RYT 500 Yoga Therapy Certification
\$5200; \$5000 pd. by 5/1 10 Weekends + Flex Hrs 5/30-6/1, 6/20-29 Thai massage, 7/18-20, 8/1-3 or 22-24 TBA, 9/5-7, 9/26-28, 10/17-19, 11/21-23, 12/13-15, 1/2-4

10-Day Thai Massage Training
June 20-29 \$1100; \$900 pd. by 6/1. (Free with the 2014 500 level Yoga Therapy Tuition)



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