

SUN MOON YOGA

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

sun-moon-yoga.com

Fall Special

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

Must be received by 5 pm 9/6—Drop Box is
by front door. Valid for class registrations only.

TO REGISTER: Please include **ON CHECK**
or envelope if paying cash:
NAME, ADDRESS, PHONE,
E-MAIL, CLASS TITLE & Time/Day

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. 9/10-12/17 \$140
Thu.: 9:30-10:45 a.m. 9/13-1/3 no
11/22 \$160

BASIC YOGA releases the body & mind from
tensions allowing you to regain balance & en-
ergy. 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. 9/11-12/18 \$150
Wed. 6:15-7:30 p.m. 9/12-1/2 \$170
Sat. 10:45-Noon 9/15- 12/29 \$160

KRIPALU Cultivate a deeper sense of
compassion in this moderately vigor-
ous posture & breath practice.
Tues. 5:45-7 p.m. 9/11-12/18 \$150

CLASS SCHEDULE FALL 2007

SEPT. 10, 2007 - JAN 3 2008
PLEASE CHECK WEBSITE FOR CHANGES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
9:30-10:45 AM		BASIC YOGA SONDRA		SPIRITED VINYASA SONDRA		BASIC SHANNON 9-10:15 AM
10:30-11:45AM				BETTER BACKS 11-12:15	BASIC 10:45-NOON ELLEN	BETTER BACKS SHANNON
4-5 PM	YOGA 4 TEENS					
5:15-6 PM	KIDS' YOGA K-5					
6:15-7:30PM	SPIRITED VINYASA SONDRA	5:45-7PM KRIPALU TANYA	BASIC SHANNON			
7:45-9PM	BETTER BACKS SONDRA		RESTORATIVE FLOW	PRENATAL 7:15-8:30		

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.
Mon.: 7:45-9 p.m. 9/10-12/17 \$140
Thu: 11-12:15 a.m. 9/13-1/3, no 11/22 \$160
Sun.: 10:30-11:45 a.m. 9/16-12/30 \$160

RESTORATIVE YOGA:—focused breath
with focused movement through postures
reduces stress, increases awareness and
brings balance to the body, breath & mind.
Weds 7:45-9 p.m. 9/12-1/2 \$170

PRENATAL YOGA: Classic yoga
postures, breath and techniques for
awareness and centering to support the
birthing experience & motherhood.
Thu 9/13-1/3 no 11/22 \$160

TEEN YOGA—Yoga helps teens develop deep
strength & centeredness for a better understand-
ing of themselves, giving teens flexibility to
meet challenges in a balanced way.
Mondays 4-5 p.m. 9/24-12/17 \$120

CHILDREN'S YOGA is Positive and Playful using
songs, stories and games to explore yoga breath, posture,
and techniques to help children calm and focus.

YOGA FOR PRESCHOOLERS: Ages 3 & Up
Tue. 11:00-11:45 a.m. 9/25-12/18 \$120

YOGA FOR GRADES K-5:
Mondays 5:15-6p.m 9/24-12/17 \$120

YOGA TEACHER CERTIFICATION

4 Weekend Intensives plus flex. Hrs.
Integrating Philosophy, Practice,
Anatomy & Teaching.
Starts Sept. 21. Early Reg. Discounts.