



404 W. Huron St., Ann Arbor MI 48103  
734-929-0274  
sun-moon-yoga.com



### Yoga Classes—Newcomers pro-rated

### Professional Development & Teacher Certification

Join Our Mailing List:  
Newsletters, Discounts,  
Workshops & Special Events  
sun-moon-yoga.com & click "contact"

### Ways to take classes:

- Drop In's \$15— Try a class with no obligation
  - 10-Class Cards \$129
  - Unlimited Monthly Rate \$109,
- 2 consecutive months \$209, 3 consecutive months \$299
- Register— Most economical. We pro-rate for newcomers.

Sun Moon Yoga accepts Cash and Checks.  
All Sun Moon Teachers are Certified RYT's.  
Our Yoga Studies Program has the highest standards in training qualification requirements.

### THAI Yoga Massage

Sacred Touch Thai yoga Massage is one and a half hours of pure luxury—a relaxing therapeutic technique that stretches the muscles, relieves tension & balances energy centers.

Sessions by appointment.  
Cost \$120.  
Daytime or evening,  
Individual or Couples'.  
Please call 929-0274



**Spirited Yoga**—Infusing body, breath & mind, this invigorating practice taps hidden energy & clears the mind. Rapidly flowing.

**Mon. 6:15-7:30pm 4/21– 6/30. \$129 no 6/26**  
**Thu. 9:30-10:45am April 24– July 3 \$129**

**Basic Yoga** —Release tension from body & mind & allow balance, focus & energy. For all, with a balance of standing & seated postures & breath.  
**Tue 9:30-10:45 a.m. April 22– July 1 \$129**  
**Sat. 10:45-Noon. Apr. 26-July 5 \$129**  
**Sun: 9-10:15 a.m. Apr. 27-July 6 \$129**  
**Wed. "Flow" 6:15-7:30 pm Apr 23– July 2 \$129**

**Better Backs**-Relieve stress, relaxing muscles that strain the back, opening the hips, legs & neck; strengthening support muscles & shoulders safely & systematically.

**Mon. 7:45-9 p.m. 4/21– 6/30. \$119 no 6/26**  
**Thu. 11 a.m-12:15 p.m. April 24– July 3 \$129**  
**Sun: 10:30-11:45 a.m. Apr. 27-July 6 \$129**

**Therapeutic Yoga**— Let your body become a comfortable place. Find relief from aches, pains and stiffness. Great for arthritis, fibromyalgia, back pain and all over soothing stress relief.

**Tue. 12:30-1:45 pm April 22– July 1 \$129**

**Yoga for Depression & Anxiety**—Depressed or anxious moods cloud the joy of knowing ourselves as perfect & whole. With or without a diagnosis, heal with breath work, postures & imagery for balanced well-being.

**Sundays 6:45-8pm Apr. 27-July 6 \$129**

**Yoga for Healthy Weight** —Honor yourself safely & successfully toward achieving & maintaining ideal weight. Start wherever you are in the process as we move together to feel great.

**Tue. 11am -12:15 pm April 22– July 1 \$129**  
**Wed. 7:45-9 pm April 23– July 2 \$129**

### RYT 200 Teacher Certification

\$2900; \$2700 pd. by 5/1.

**5 Weekend Intensives plus Flexible Hours**  
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 Weekend Intensives plus Flexible Hours**  
5/30-6/1, 6/20-22, 7/18-20, 8/1-3 or 22-24 TBA, 9/5-7

**Heal Your Headache with Yoga.** Sun. 4/27, 2014 1-3 pm. \$35; \$25 pd. by 4/17.

**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/ Spring 2014 200 & 500 RYT & Thai Training)

**10-Day Thai Massage Training**  
June 20-29 \$1100; \$900 pd. by 6/1.

(Free with the 2014 500 level Yoga Therapy Tuition)

### Special Classes & Workshops

**2nd Saturday w/ Jeremy** Meditation 8:30-9am (free) & Exhale! 9-10:30am May 10 Last Class \$15 Drop-in or Class Card. No Make-ups, please.

**Heal Your Headache w/Yoga Workshop**— Learn practical, simple & proven techniques to release at onset of stress & tightening. Stop headaches before they start or relieve a "headache in progress."  
**Sun. Apr 27 1-3 pm \$25 by 4/17; \$35 if space**

**Mudra, Mantra & Meditation.**  
Learn Hand Mudras that enhance the Pranic energy unleashed through yoga along with associated verbalizations to carry you more deeply into Yoga Meditation and higher levels of Conscious bliss. Sat. May 10, 2014 1-3 pm. \$35; \$25 pd. by 5/3.