



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

4 Ways to take classes:

- Drop In's \$14— Try a class with no obligation
- 10-Class Cards \$119— Good for any 10 classes for a full year (one person/card).
- Unlimited Monthly \$99
- Register— Most economical & keeps you committed. We pro-rate for late registrants.

Upcoming Workshops & Events:

All Prices are for advance Registration.

1/23 & 3/6 1-2 pm Yoga Story Time. Enjoy traditional stories from such classics as the Ramayana, Mahabharata, Srimad Bhagavatam and others. Free.

1/24 1-2 pm. Yoga Nidra. Systematic profound rest, you remain awake while being guided into deep muscular & mental relaxation. \$14 or class punch.

2/6 9-10am Pranayama Yoga Breath techniques for energy, purification, relaxation & balance. \$14 or class punch.

2/6 2:30-5:30 pm Ayurvedic Cooking Class Cook a delicious seasonal meal that is optimal for your health. \$35.

2/14 Valentine's Yoga & Thai Massage Connect with a partner or friend for a fun new twist on the postures & your relationship. \$35/couple.

2/20-21 "Breath:Aligning & Balancing " w/Navtej Johar of New Delhi. \$225.

3/6 2-4:30 pm Yoga For the Hips Learn Anatomy of the hip joint, common hip problems & chronic conditions, how to create muscular balance for optimal hip alignment & health using yoga. \$20

Winter Class Offerings & Descriptions through 4/11/2010.

Vinyasa Flowing Style

Spirited Yoga: Invigorating breath & movement through postures energizes the body & clears the mind. Best for those without major health limitations.

Mon. 6:15-7:30 p.m. 1/11-4/5 \$139

Thurs. 9:30-10:45am 1/14-4/8 \$139

Thurs. 5:45-7 pm 1/14-4/8 \$139

Intermediate Yoga Heat up & get strong with flow yoga, advanced postures and stimulating breath work balanced with meditation practice, & restorative poses. Practices from dance, martial arts, and massage are woven in to release tension & create space & efficient alignment in the body

Wednesdays 7:30-8:45 pm. 1/13-4/7 \$139

Focused Steady Awareness

Kripalu Flow slowly & mindfully through a sequence of challenging postures with attention to optimal alignment & breathing. Build strength, flexibility, focus & inner peace. Best for those without major physical limitations.

Tues. 5:30-6:45 p.m. 1/12-4/6 \$139

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

Tue 9:30-10:45 a.m. 1/12-4/6 \$139

Wed. 6-7:15 p.m. 1/13-4/7 \$139

Sat. 10:45-Noon. 1/16-4/10 \$139

Sun: 9-10:15 a.m. 1/17-4/10 \$129 no class 4/3

Specialized Yoga Classes

Better Backs: Classic yoga postures & techniques strengthen & maintain the health of the spine & back while soothing tension throughout the body.

Mon. 7:45-9pm. 1/11-4/5 \$139

Thu. 11am-12:15pm 1/14-4/8 \$139

Sun: 10:30-11:45 a.m. 1/17-4/10 \$129 no class 4/4

Teen Yoga-Develop balance & confidence for better self-understanding, strength & flexibility to meet challenges with inner calm.

Thursdays 4-5 p.m. 2/4-4/1 \$99.

Preschool Yoga-is Positive and Playful using songs, stories and games to explore yoga breath, posture, and techniques to help children calm and focus.

Tuesdays 11-11:45 .m. 2/2-3/30 \$99.

Yoga en Español El Yoga relaja la mente y balancea la energía corporal. Este clase es para todos e incluye una mezcla de posturas, la conciencia de la respiración y técnicas de meditación.

Los Jueves 12:30-1:45 p.m.

Yoga Teacher Certification

250 Hr. 5 Weekend Intensives + flex. Hrs.

Winter Session begins Jan 22.

One Year Free Yoga Classes

Please visit sun-moon-yoga.com.

Upon completion of the program, students will be eligible to register with the Yoga Alliance for RYT 200 status.