

sun moon YOGA

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

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



Winter Class Offerings & Descriptions through 4/19/2014.

Yoga Classes—Newcomers pro-rated

Spirited Yoga—Infusing the body, breath and mind, this invigorating practice energizes the body, revitalizes & clears the mind. Rapidly flowing.
Mon. 6:15-7:30 pm Jan. 6-April 14. \$159
Thu. 9:30-10:45am Jan 9-April 17 \$159
Thu. 7-8:15 pm Jan 9-April 17 \$159

Basic Yoga —Release tension from body & mind & allow balance, focus & energy. For everybody, using a balanced mix of standing & seated postures, breath & yoga centering techniques.
Tue 9:30-10:45 a.m. Jan 7-April 15 \$159
Sat. 10:45-Noon. Jan 11-April 19 \$159
Sun: 9-10:15 a.m. Jan 12-April 13 \$149
Wed. "Flow" 6:15-7:30 pm Jan 8-Apr 16 \$159

Better Backs-Relieve stress, relaxing muscles that strain the back, opening the hips, legs & neck; strengthening spinal support muscles & shoulders in a safe, systematic way.
Mon. 7:45-9 p.m. Jan 6-April 14 \$159
Thu. 11 a.m-12:15 p.m. Jan 9-April 17 \$159
Sun: 10:30-11:45 a.m. Jan 12-April 13 \$149

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. Janine RN, RYT 500.
Tue. 1-2:30 pm Jan 7-April 15 \$169
Thu. 5:30-7 p.m. Jan 9-April 17 \$169

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 to balance moods, inviting joy.
Sundays 6:45-8pm Jan 12-April 13 \$159
Tuesdays 6:30-7:45 pm Jan 7-April 18 \$159

New Classes

Deep Relaxation Yoga Slow, quiet, practice & deep body relaxation. Stress causes aging, heart disease & weakened immunity. For deep calm, health, healing & clarity. The best investment you'll make all week!
Thu. 8:15-9 pm Jan 9-April 17 \$99;
\$69 w/Spirited Thu 7 pm (no extra discount)

Yoga for Weight Management—Honor your mind-body safely & successfully toward achieving & maintaining ideal weight. Start wherever you are in the process as we move together to feel great.
Mon. 11am-12:15 Jan. 6-April 14 \$159

Yoga for Stiff People: Aggressive stretching in artificial heat or without proper awareness invites long-term injury. Enjoy patience & sensitive release using safe modifications with a knowledgeable teacher.
Wed. 7:45-9 pm Jan 8-April 16 \$159

Special Classes & Workshops

2nd Saturday Yoga with Jeremy ERYT 200. Meditation 8:30-9am (free)

& Exhale! 9-10:30am 1/10, 2/14, 3/14, 4/11
Open Yourself to the Biggest Breath in your Life! Breath, gentle flow, & restorative poses. \$15 Drop-in or Class Card. No Make-ups, please. YTC \$15.

Headache Prevention & Treatment Yoga Workshop— 75% of headaches start with neck & shoulder muscle tension. Learn practical, simple & proven techniques to release at onset of stress & tightening. Stop headaches before they start or relieve a "headache in progress." Janine RN, RYT 500.
Sun. Jan. 19 1-3 pm \$25 by 1/12; \$35 if space

Valentines Partner Thai Massage: Fun & Playful, Enjoy Giving & Receiving in this 2-hour workshop. Learn to help your partner, friend, or family member with basic aches & pains.
Friday Feb. 14, 5-7 pm or 7-9 pm
\$55/couple by 2/1; \$70/couple after if space