

**APRIL 2019** – Schedule & Teachers Subject to Change. Visit our Website or MINDBODY app for Current Classes.

**We'll be closed on these dates: Sunday, April 14<sup>th</sup> for Avocado Festival & Sunday April 21<sup>st</sup> for Easter**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:00 – 7:00 am</b> – Heated Fusion (Reyna)		<b>6:00 – 7:00 am</b> – Heated Fusion (Heather)		<b>7:30 – 8:30 am</b> – Hot Yoga (Reyna) – Flow 1-2 (Sarah)
<b>9:00 – 10:00 am</b> – Yoga 1-2 (Leslie S) – Intro to Hot Yoga (Elisha)	<b>9:00 – 10:00 am</b> – Yoga 1-2 (Leslie B) – Svaroopaa (Nancy)	<b>9:00 – 10:00 am</b> – Stretch & Release (Christi) – Sculpt <i>unheated</i> (Reyna)	<b>9:00 – 10:15 am *</b> – Yoga 2 (Leslie B) – Gentle Yoga (Sophie)	<b>9:00 – 10:00 am</b> – Yoga 2 (Raschel) – Svaroopaa (Nancy)	<b>9:00 – 10:00 am</b> – Heated Sculpt (Reyna) – Yoga 1-2 (Vanessa) – Kids Yoga (ages 4 - 8) (Summer)
<b>10:30 – 11:45 am *</b> – Anusara (Aligned Yoga) (Leslie S)	<b>10:30 – 11:30 am</b> – Cancer Recovery Yoga <i>donation based</i> (Laura)	<b>10:30 – 11:45 am *</b> – Gentle Yoga (Leslie S)	<b>10:30 – 11:45 am *</b> – Anusara (Aligned Yoga) (Leslie S)	<b>10:30 – 11:45 am *</b> – Yin Yoga with Yoga Nidra (Raschel)	<b>10:30 – 11:30 am</b> – Trapeze Yoga (Lee)
<b>12:00 – 1:00 pm</b> – Chair Yoga (Elisha) <b>\$5 drop in</b>				<b>1:00 – 2:15 pm *</b> – Glow & Restore (Summer)	<b>SUNDAY</b>
<b>4:00 – 5:00 pm</b> – Yoga for Newcomers (Leslie S)	<b>4:00 – 5:00 pm</b> – Yoga 1-2 (Sandra)	<b>4:00 – 5:00 pm</b> – Yoga Fundamentals (Kim)	<b>4:00 – 5:00 pm</b> – Yoga 1-2 (Sandra)		<b>9:00 – 10:00 am</b> – Hot Yoga (Katie) – Aerial Yoga (Cecily)
<b>5:30 – 6:30 pm</b> – Heated Fusion (Cecily) – Trapeze Yoga (Lee)	<b>5:30 – 6:30 pm</b> – Heated Sculpt (Sarah) – Yoga Fundamentals (Kim)	<b>5:30 – 6:30 pm</b> – Yoga 2 Plus (Cecily) – Trapeze Yoga (Lee)	<b>5:30 – 6:30 pm</b> – Heated Fusion (Sarah) – Yoga Fundamentals (Kim)		<b>10:30 – 11:30 am</b> – Yoga 1-2 (Cecily) – StrongBoard Yoga Fusion (Vanessa)
<b>7:00 – 8:30 pm **</b> – Yin Yoga (Kim)	<b>7:00 – 8:00 pm</b> – Hot Yoga (Annette) – Meditation & Sound Healing (Jennifer)	<b>7:00 – 8:30 pm **</b> – Restorative Yoga (Kim)	<b>7:00 – 8:00 pm</b> – Hot Yoga (Annette) <b>7:00 – 8:30 pm **</b> – Kundalini (Jennifer)		<b>5:30 – 6:30 pm</b> – Hot Yoga in Candlelight (Katie)

\* 75 minute class \*\* 90 minute class

**PRICING:**

\$39 **1-Month Unlimited** (new members only)    \$16 **Single Class** (\$14 senior/military)    \$9 **Kids Class** (\$40 for 5)  
 \$140 **10-Classes** (expires in 6 months)    \$119 **1-Monthly Unlimited** (no contract)

**AUTOPAY MEMBERSHIP PRICING:** (3-month contract required. Unused classes do not carry over to the next month).

\$89/month **Unlimited Classes**    \$79/month **8 Classes**    \$59/month **5 Classes**

WORKSHOPS -- EVENTS -- NEWS		
<b>Demystifying the Chakras</b> <i>with Sandra Buckingham</i> SAT, APR 6 <sup>th</sup> , 1:00 – 3:00 pm \$25 pre-registration or \$30 drop-in	<b>Mediation for Release</b> <i>with Leslie Boyd</i> SAT, APR 27 <sup>th</sup> , 1:00 – 3:00 pm \$25 pre-registration or \$35 after April 20	<b>Please Pre-Register for Classes</b> Download the <b>MindBody app</b> to book classes from your phone or register on our website <a href="http://sageyogastudios.com">sageyogastudios.com</a>
<b>Goat Yoga</b> <i>at Hoof &amp; Feather Farm in Fallbrook</i> SUN, APR 7 <sup>th</sup> & MAY 19 <sup>th</sup> @11:00 am Cost: \$25/class	<b>Floating Yoga</b> <i>at the Fallbrook High School Pool</i> Classes start May 4th	<b>Lemongrass Holistics</b> Massage Services with Doug Brown 760-419-5628 Book you appointment today!
<b>Open House &amp; 5-year Anniversary Celebration</b> SAT, APR 20 <sup>th</sup> , 12:30 – 2:30 pm <i>Food, drinks &amp; prizes and ribbon cutting</i>	<b>Acro Yoga Workshop</b> <i>with Vanessa Anderson</i> SAT, MAY 18 <sup>th</sup> , 1:00 – 3:00 pm Cost: \$25/person (no partner necessary)	<b>DON'T GET LOCKED OUT</b> Come to class 10 – 15 minutes early and give yourself plenty of time to park, check-in and set up your space. We start and end classes on time so late comers may get locked out.

### Unheated Classes

**Yoga Fundamentals:** Level 1. Focus on alignment & strength building exercises to prepare muscles for the poses included in a flow class. Clear instruction and individual assistance in a fun environment.

**Yoga 1-2:** Level 1-2 Hatha Yoga with some flow. Focus on proper foundation, body alignment and breath. A thoughtful class to build strength, balance and flexibility. Beginner to Intermediate.

**Yoga 2:** Level 2 Vinyasa Yoga. Focus on proper foundation, alignment and breathe with added fluid movement and balance. For students that want to be challenged and advance in their practice.

**Gentle Yoga:** Beginner Level. Designed for those newer to yoga, struggling with injury or chronic condition, hasn't moved much lately. Move more slowly, explores poses, breaks down sequences to strengthen while, learning to breathe more effectively, calm the mind and expand self-awareness.

**Anusara (Aligned Yoga):** Level 1-2. This yoga practice is suitable for the student with a bit of experience, a desire to learn, and an appreciation for our potential.

**Restorative Yoga:** All levels. This class requires no physical exertion and allows the body to relax into the poses with the support of props such as bolster, blankets and blocks. A great way to begin your yoga practice, rehabilitate injuries, relieve stress or just relax after a long day.

**Yin Yoga:** All levels. Seated deep tissue stretches with sustained posture holds. Opens typical tight areas (hips, hamstrings, low back). A great complement to your regular yoga practice.

**Svaroopa:** All levels. A gentle style of yoga that releases and relaxes the muscles in the back to open up the flow of energy, relieve muscular tension and bring rejuvenation to all systems of the body through postures, yogic breathing and deep relaxation. Practice includes the use of props to assist with poses.

**Stretch & Release:** All levels. This class will release tension throughout the body using a variety of stretching and muscular fascia release techniques with therapeutic balls and rollers.

**Kundalini:** All levels. Movement, meditation, mantra, and breath to bring about a healthy happy body and mind. Each class can help one become aware of much more than just the strength of the body. It helps to facilitate a change physically as well as emotionally and spiritually.

**Meditation & Sound Healing:** Frequency fix where your yoga mat transforms to a magic carpet guiding you through the meditations of cultures from around the Earth with a long sound bath savasana/rest accompanied by crystal alchemy bowls, Tibetan Bowls, rain-stick, chimes and Gong.

**Chair Yoga:** All levels. Designed for those new to yoga, experiencing an injury, or living with a chronic condition. Stretch and strengthen the body while calming the mind using a chair and other props.

### Heated Classes

**Into to Hot:** 85-94 degrees with humidity. Build a strong foundation for the 26 poses of the Hot Yoga sequence, moving slowly, using props. Designed to build resilience to a heated practice.

**Hot Yoga:** 95-100 degrees with humidity. As set sequence of 26 poses designed to build strength and balance, as well as create flexibility and focus. Accessible to all levels of students.

**Heated Fusion:** 90-95 degrees with humidity. Get a good sweat with a blend of hot yoga, power yoga and Vinyasa flow. Alternate between static holds and steady movement, ending with deep stretches.

**Heated Sculpt:** 90-95 degrees. A blend of power yoga and hand weights to create lean, toned muscles. A challenging class that will make you sweat and push your limits, yet is still grounded in yoga.

### Specialty Classes

**Aerial Silk Yoga:** All levels. Traditional yoga poses done on a yoga hammock helping students achieve poses with more depth. Supported inversions will help with decompression, alignment and strength.

**Trapeze Yoga:** All levels. Incorporates a hanging hammock to explore alignment, release chronic tension, hang upside down, and have fun! The 3 levels of handles allow for upper body and core strength building. Class includes supported inversions and core & upper body strengthening.

*Aerial/Trapeze is NOT recommended for those who are pregnant, had recent surgery, have glaucoma, heart disease, very high or very low blood pressure, vertigo, osteoporosis, and/or other serious medical concerns.*

**StrongBoard Balance Yoga Fusion:** ALL levels. A perfect blend of traditional yoga, balance and strength training using the StrongBoard Balance board as a prop.

**Kids Yoga:** Ages 4 to 8. A mix of yoga, games and crafts in a fun environment.

**Cancer Recovery Yoga** is open to anyone living with cancer or in recovery. Find balance, reduce stress and promote healing with mindful movement, breathing, guided imagery and deep relaxation.

**APRIL 2019**

*Schedule, Pricing & Class Descriptions*



yoga for every *body*

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Book Classes from your Phone

