

MARCH 2020 – Schedule & Teachers Subject to Change. Visit our Website or MINDBODY app for Current Classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:00 am – Rise & Shine Yoga (\$5 drop-in) (Olivia)	6:00 – 7:00 am – Barre (Pam) (\$5 drop-in)			6:00 – 7:00 am – Rise & Shine Yoga (\$5 drop-in) (Mary)	8:30 – 9:30 am – All Levels Flow (Sarah)
8:30 – 9:30 am – All Levels Flow (Olivia)	8:30 – 9:30 am – Align & Flow (Kim)	8:30 – 9:30 am – Energy Flow (Melissa)	8:30 – 9:40 am * – Yin Yoga (Sylvi)	8:30 – 9:40 am * – Yoga Wall ♦ (Sylvi)	10:00 – 11:10 am * – Yoga Wall ♦ (Raschel)
10:00 – 11:10 am * – Hatha Yoga (Sophie)	10:00 – 11:10 am * – Gentle Yoga + Stretch & Release (Christi)	10:00 – 11:10 am * – Healthy Back with Yoga Wall ♦ (Leslie)	10:00 – 11:10 am * – Align & Flow (Caroline)	10:00 – 11:10 am * – Yoga for Healing (Christi)	
11:30 – 12:30 pm – Cancer Recovery Yoga (Debbie & Olivia) Free	11:30 – 12:30 pm – Svaroopaa (Nancy)		1:00 – 2:00 pm – Gentle Therapeutic Yoga (Leslie)	11:30 – 12:30 pm – Stretch & Release (Christi)	SUNDAY
4:00 – 5:00 pm – Align & Flow (Katie)	4:00 – 5:00 pm – Align & Flow (Melissa)	4:00 – 5:00 pm – Align & Flow (Caroline)	4:00 – 5:00 pm – Align & Flow (Katie)		8:30 – 9:30 am – All Levels Flow (Vanessa)
5:30 – 6:30 pm – Energy Flow (Sarah)	5:30 – 6:30 pm – Energy Flow (Will)	5:30 – 6:30 pm – Energy Flow (Shelby)	5:30 – 6:30 pm – Mat Pilates (Fiona)		10:00 – 11:00 am – StrongBoard Yoga Fusion (Vanessa)
7:00 – 8:00 pm – Kundalini Chakra Yoga (Jennifer)	7:00 – 8:10 pm * – Yin Yoga (Keara)	7:00 – 8:00 pm – Meditation & Sound Healing (Shelby)			5:30 – 7:00 pm ** – Restorative (Mary)

*70-minute class **90-minute class

PRICING:

\$39 **1-Month Unlimited** (new members only) \$16 **Single Class** (\$14 senior/military) \$140 **10-Classes** (expires in 6 months)

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

\$89/month **Unlimited Classes** (\$119 no contract) \$79/month **8 Classes** \$59/month **5 Classes**

SHARED MEMBERSHIP / BONSALL & FALLBROOK: Attend classes at both locations with these pricing options

\$129/month **Unlimited Classes** (3-month contract required) \$150 **10-Classes** (Share between studios. Expires in 6 months.)

WORKSHOPS -- EVENTS -- NEWS		
<p>Wine + Yoga at Coffee, Corks & Cuisine 139 S. Main Ave., Fallbrook SAT, MAR 7th, 5:30 – 7:00 pm Cost: \$20 (includes glass of wine)</p>	<p>Yoga for Emotional Liberation / Fallbrook with Sophie Malahieude MAR 4th, 12:00 – 2:00 pm Cost: \$25</p>	<p>Don't Get Locked Out Come to class 10 – 15 minutes early and give yourself plenty of time to park and check-in. We start and end classes on time so late comers may get locked out.</p>
<p>Handstand Workshop / Fallbrook with Tyler Humphrey SAT, MAR 7th, 1:00 – 3:00 pm Cost: \$30</p>	<p>Meditation for Release / Fallbrook with Leslie Boyd MAR 21st, 1:00 – 3:00 pm \$25 pre-registration or \$35 drop-in</p>	<p>Please Pre-Register for Classes Download the MindBody app to book classes from your phone or register on our website sageyogastudios.com</p>
<p>Green Beer + Yoga at Prohibition Station 136 N. Main Ave., Fallbrook MON, MAR 16th, 6:00 – 7:00 pm Cost: \$20 (includes 2 beers)</p>	<p>Restorative Yoga + Sound Healing/Bonsall with Jennifer, Shelby, Kim & Mary MAR 21st, 4:00 – 6:00 pm \$45 pre-registration or \$55 drop-in</p>	<p>Visit our Fallbrook Studio for more classes! 115 N. Main Ave., Fallbrook see website for schedule</p>

♦ **The Yoga Wall:** We are very excited to offer this unique style of yoga in our studio! The Yoga Wall is a system of wall mounted adjustable straps and harnesses, based on BKS Iyengar's original rope wall, that helps students find more ease and versatility in hundreds of yoga poses. This system creates greater support and accessibility for inversions, backbends, therapeutics, and standing poses. It enables beginners to more easily explore accurate body alignment, receive assistance with postural stability as they build internal strength, and avoid excessive strain on the wrist and ankle joints. More experienced students will find that the wall further challenges their strength and flexibility and allows them to fine-tune more complex poses. It also provides the option to create greater traction in the spine with a wealth of therapeutic benefits. All experience levels and body types can use the wall system to learn more about their body, increase support in different postures or challenge themselves to explore new ways to modify poses.

Yoga for Healing: This class combines slow, meditative movement, breathwork, guided meditation and skills to increase resiliency in the nervous system. It is perfect for anyone working through an injury, emotional stress, chronic illness, or anyone wishing to reduce stress.

◆ **Healthy Back with Yoga Wall:** Exploring the Yoga Wall and learning skills to support a healthy back and less discomfort will be our objectives with focus. Use of the wall straps will aid to create space between vertebrae as we strengthen core muscles to support that space.

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.

Hatha Yoga: All Levels. Hatha is a potent alignment-oriented practice that emphasizes alignment and breath while entering, holding, and leaving the posture. It uses postures and stretches in combination with the breath while holding the poses to develop flexibility and relaxation.

Align & Flow: Suitable to all levels and students interested in a lower intensity flow. A bit of alignment and a bit of flow. We move and breathe, taking time to pause and feel; observe and adjust.

All Levels Flow: A Level 1-2 Vinyasa class. Expect to move with your breath and focus your attention; this well-balanced flow class will get you out of your head and into your body and your breath.

Energy Flow: Intermediate Vinyasa class. Discover new and different ways to advance your practice. You don't have to consider yourself a level 2 student to attend this class. Modifications are welcome.

◆ **Yoga Wall:** Get a good workout in this multi-level class. The focus will be on Iyengar style yoga with the use of straps to attain optimum alignment & support. Wall inversion are optional.

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.

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.

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.

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.

Mat Pilates: A classical mat Pilates class based in Joseph Pilates's principles of strengthening core and improving stability. Additional contemporary exercises address both the demands of modern life, and client-specific needs. This class is appropriate for all populations who have been cleared for gentle exercises and stretching.

Barre: Class is designed to trim, tighten and tone the entire body with an emphasis on defining the glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long, and lean physique in record time. Great for toning your upper body and core.

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

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.

MARCH 2020

Schedule, Pricing & Class Descriptions



BONSALL

yoga for every *body*

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