

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 – Heated Fusion (Jessica) | | 6:00 – 7:00 am – Heated Fusion (Reyna) | | 7:30 – 8:30 am – Hot Yoga (Reyna) |
| 9:00 – 10:00 am – Yoga 1-2 (Melissa) – Intro to Hot Yoga (Elisha) | 9:00 – 10:00 am – Yoga 1-2 (Katie) – Svaroopaa (Nancy) | 9:00 – 10:00 am – Yoga 1-2 (Caroline) – Stretch & Release (Christi) | 9:00 – 10:15 am * – Yoga 2 (Katie) – Gentle Yoga (Sophie) | 9:00 – 10:00 am – Yoga 2 (Raschel) – Svaroopaa (Nancy) | 9:00 – 10:00 am – Heated Fusion (Reyna) – Yoga 1-2 (Vanessa) – Kids Yoga (ages 4 - 8) (Raven) |
| 10:30 – 11:45 am * – Anusara (Aligned Yoga) (Leslie S) | 10:30 – 11:30 am – Mat Pilates (Anna) | 10:30 – 11:45 am * – Gentle Yoga (Sophie) | 10:30 – 11:45 am * – Anusara (Aligned Yoga) (Leslie S) | 10:30 – 11:45 am * – Yin Yoga with Yoga Nidra (Raschel) | 10:30 – 11:30 am – Trapeze Yoga (Lee) |
| 12:00 – 1:00 pm – Chair Yoga (Elisha) \$5 drop in | | | 2:00 – 3:00 pm – Cancer Recovery Yoga (Debbie & Olivia) <i>Free</i> | 1:00 – 2:15 pm * – Glow & Restore (Elisha) | SUNDAY 9:00 – 10:00 am – Hot Yoga (Caroline) 10:30 – 11:30 am – Yoga 1-2 (Caroline) 5:30 – 6:30 pm – Candlelight Hot Yoga (Katie) |
| 4:00 – 5:00 pm – Yoga for Newcomers (Leslie S) | 4:00 – 5:00 pm – Rejuvenating Yoga Flow (Sandra) | | 4:00 – 5:00 pm – Rejuvenating Yoga Flow (Sandra) | | |
| 5:30 – 6:30 pm – Heated Fusion (Cecily) | 5:30 – 6:30 pm – Heated Sculpt (Sarah) – Yoga Fundamentals (Kim) | 5:30 – 6:30 pm – Yoga 2 Plus (Sarah) – Align & Flow (Kim) | 5:30 – 6:30 pm – Heated Fusion (Sarah) – Yoga Fundamentals 2 (Kim) | | |
| 7:00 – 8:30 pm ** – Yin Yoga in Candlelight (Kim) | 7:00 – 8:00 pm – Hot Yoga (Katie) – Meditation & Sound Healing (Shelby) | 7:00 – 8:30 pm ** – Restorative Yoga (Kim) | 7:00 – 8:00 pm – Candlelight Hot Yoga (Jerica) – Kundalini Chakra Yoga (Jennifer) ** | | |

PRICING:

\$39 **1-Month Unlimited** (new members only)
\$140 **10-Classes** (expires in 6 months)

\$16 **Single Class** (\$14 senior/military)
\$119 **1-Monthly Unlimited** (no contract)

\$9 **Children's Yoga**

**75-minute class **90-minute class*

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**

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 | | |
|---|---|--|
| Wine + Yoga at Coffee, Corks & Cuisine <i>139 S. Main Ave., Fallbrook</i> SAT, MAR 7 th , 5:30 – 7:00 pm Cost: \$20 (includes glass of wine) | Yoga for Emotional Liberation / Fallbrook <i>with Sophie Malahieude</i> MAR 4 th , 12:00 – 2:00 pm Cost: \$25 | Lemongrass Holistics Massage Services with Doug Brown 760-419-5628 Book you appointment today! |
| Handstand Workshop / Fallbrook <i>with Tyler Humphrey</i> SAT, MAR 7 th , 1:00 – 3:00 pm Cost: \$30 | Meditation for Release / Fallbrook <i>with Leslie Boyd</i> MAR 21 st , 1:00 – 3:00 pm \$25 pre-registration or \$35 drop-in | Please Pre-Register for Classes Download the MindBody app to book classes from your phone or register on our website sageyogastudios.com |
| Green Beer + Yoga at Prohibition Station <i>136 N. Main Ave., Fallbrook</i> MON, MAR 16 th , 6:00 – 7:00 pm Cost: \$20 (includes 2 beers) | Restorative Yoga + Sound Healing/Bonsall <i>with Jennifer, Shelby, Kim & Mary</i> MAR 21 st , 4:00 – 6:00 pm \$45 pre-registration or \$55 drop-in | <i>Visit our Bonsall Studio for more classes!</i> 5256 S. Mission Rd., Ste. 707, Bonsall <i>see website for schedule</i> |

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. The body to relaxes into the poses with the support of bolster, blankets and blocks. 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. This Class helps to facilitate a change physically as well as emotionally and spiritually.

Meditation & Sound Healing: Frequency fix guiding you through the meditations with a long sound bath savasana/rest accompanied by crystal alchemy bowls, Tibetan Bowls, rain-stick, chimes and Gong.

Heated Classes*

**(Please come hydrated, bring towel & water, don't eat a big meal 2-3 hours before class)*

Intro to Hot: 90-94 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

Mat Pilates: Based in Joseph Pilates's principles of strengthening core and improving stability. Additional exercises address 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.

Trapeze Yoga: All levels. Incorporates a hanging hammock to explore alignment, release chronic tension by hanging upside down in supported inversions. The 3 levels of handles allow for upper body and core strength building. *NOT recommended for those who have/are: pregnant, recent surgery, glaucoma, heart disease, very high or very low blood pressure, vertigo, osteoporosis, and/or other serious medical concerns.*

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.

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.

MARCH 2020

Schedule, Pricing & Class Descriptions



FALLBROOK

yoga for every *body*

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