



# Sunbeams Yoga - for Every Body

8767 Seminole Trail Suite #103

Ruckersville, VA 22968

Located on Route 29 just South of the 29/33 intersection,  
in the two-story brick Countryside Commons building

Email: info@sunbeamsyoga.com

Phone: 434-882-3453 (call or text)

Website: www.sunbeamsyoga.com

Facebook/Instagram/Twitter: @sunbeamsyoga

## March Weekly Drop-In Classes

**Intro Offer: 2 Weeks Unlimited \$22.00**

*Two consecutive weeks of unlimited drop-in classes for new clients; begins at first visit.*

Single Class: \$15.00

3-Class Pass: \$39.00

10-Class Pass: \$100.00

One Month Unlimited: \$85.00

Classes marked PWYC are Pay-What-You-Can \$5/10/15

SUN	MON	TUE	WED	THU	FRI	SAT
9:00-10:15 AM <b>Gentle Yoga</b> (Karen)		9:00-10:15 AM <b>Beginners &amp; Beyond [PWYC]</b> (Karen)	9:00-10:15 AM <b>Yin Yoga</b> (Karen)	9:00-10:15 AM <b>All Levels Yoga</b> (Amy B)		9:00-10:15 AM <b>Special Class: Slow Flow</b> <b>3/2, 3/16, 3/30</b> (Benita)
		4:00-5:15 PM <b>Gentle Yoga</b> (Jenn)		4:00-5:15 PM <b>Restorative Yoga</b> (Karen)		10:30-11:45 AM <b>Nia</b> (Mary Linn)
5:30-6:45 PM <b>Yin Yoga</b> (Karen)	5:30-6:30 PM <b>Chair Yoga for Limited Mobility &amp; Healthy Aging</b> (Karen)	<b>* No class 3/19 &amp; 3/26</b>		<b>*limited to 12; advance signup recommended*</b>	5:30-6:45 PM <b>All Levels Yoga</b> (Amy B)	
		7:00-8:15 PM <b>Restorative Yoga</b> (Karen)		7:00-8:15 PM <b>Beginners &amp; Beyond [PWYC]</b> (Karen)		
		<b>*limited to 12; advance signup recommended*</b>				

## March Workshops, Series, and Events

*Not included in Multi-class or Unlimited Passes*

Some workshops and series have registration deadlines; please see descriptions for rate and registration info.

### Mandala Stitching Workshop

with Susan Haines

When: Saturday March 9, 2:00 - 3:30 PM

Cost: \$30/person includes all supplies

Registration: Advance registration required to reserve your space and supplies.

### Caregiver Survivor Skills

with Debbie Sheetz

When: Saturday March 23, 3:00 - 5:00 PM

Cost: \$30/person

Registration: Advance registration recommended to reserve your space.

### Coming in April:

Myofascial Release Workshop: Lower back, Hips, Glutes, Hamstrings with Cora Houghton - Saturday April 13, 2-4 PM

*View more info about workshops & series and register online at: [sunbeamsyoga.com/events](http://sunbeamsyoga.com/events)*

Schedule subject to change. View our schedule online at [sunbeamsyoga.com/schedule](http://sunbeamsyoga.com/schedule) for the most up-to-date info.