



sunbird
yoga
studio

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Sunbird Yoga Schedule

Schedule subject to expansion! **Please check website to for Family Yoga, Prenatal, Special Classes, etc.**

Sundays	5:15pm-6:15pm	Kids Yoga	Tuesdays	5:30pm - 6:45pm	Core Fusion
	6:30pm - 7:45pm	Gentle		6 weeks :: Please see website for start date this is not an on-going weekly class. Requires sign-up.	
Mondays	5:30pm - 7:00pm	Evening Vinyasa		7:15pm - 8:30pm	Gentle Yoga
	7:15pm-8:30pm	Evening Mellow Flow			

Wednesdays	6:30am - 7:45am	Mellow Morning Flow	Thursdays	9:00am - 10:00am	Gentle Yoga
	12:30-1:45pm	Mid-Day Yoga for Women		3:30pm-4:45pm	REVITALIZE! ALL Levels
	5:30pm - 6:45pm	Yoga Basics		6:00pm - 7:15pm	Vinyasa
	7:00pm - 8:15pm	Yoga for Everybody			
	This class only :: Students \$10 This class only				
	This class only :: New to SUNBIRD? Buy 1 Get 1 Free				

Fridays	6:30am - 7:45am	Mellow Morning Vinyasa	Saturdays	9:00am - 10:30am	Morning Vinyasa
	weekly registration is required for FRI 6:30 am only, please sign-up on the website			10:45am - 12:00pm	Beginner/Basic
	5:30pm - 6:45pm	Yoga for Everybody	Sundays	5:15pm-6:15pm	Kids Yoga*
	Special Rate : \$50 for 5 Classes			6:30pm - 7:45pm	Gentle
					<small>Please see web for info on Kids Yoga</small>

Vinyasa :: Morning and evening vinyasas are invigorating! Warm room, flowing style, challenging the breath, body & mind. For experienced students.

Mellow Evening Vinyasa :: A slow flow for unwinding, realxing and balancing the mind and body. Wonderful way to end the day! Prior yoga experience is helpful.

Mellow Morning Vinyasa :: A slow flow vinyasa to awaken the body and mind! A great way to start the day! Prior yoga experience is helpful.

Beginner :: For students looking to build a vinyasa style yoga practice. Great for all students to learn poses and variations, refine postures and movments and enjoy a wonderful yoga flow class.

Students NEW to yoga please try YOGA BASICS first.

Gentle Yoga :: This class is a wonderful introduction to the therapeutic benefits of yoga, for the body and mind. Join us for a gentle practice to ease tired muscles, enhance the mind/body connection, relieve stress, rejuvenate and restore. For all levels of practice from new to advanced students looking for a gentle and therapeutic yoga class.

Private Sessions/Group Sessions :: Private and group sessions are available. This is a wonderful way to integrate a practice into your schedule. Private sessions are tailored to the student's needs. Please contact the studio for more information.

Yoga Basics :: Designed for students new to yoga but great for all students! Introduction to yoga poses, alignment, breathing and vinyasa style yoga. No experience necessary and it feels great!

Kids Yoga :: Fun-filled and creative yoga class designed with kids in mind! **Grades 2-6th**
Drop-in for Kids \$8
Please see website for more information.

FEES & Info: Please see website for fees and class passes.

Most classes are open, there is no need to sign-up. Please arrive 10-15 minutes before scheduled class time. Prenatal, Mommy & Me and Core Series require pre-registration.

Wear comfortable, stretchy clothing that fits your body form. Baggy T-shirts are not recommended. Layers are a good idea, water and a towel are suggested! Welcome and enjoy!