

Maupin Area Yoga Alliance

Where: Yoga classes will be held at Honey Buns Coffeehouse in Maupin, Oregon.
(509 ½ Deschutes Ave.)

Pricing: Classes are \$12/class. 10-Class pass available for \$100 (\$10/class).

Payment: 10-Class pass available for purchase through Honey Buns Coffeehouse.

Drop-in classes can be paid for at the beginning of each class.

Your First Class!: Please arrive 10 minutes early if it's your first class—this will give you time to check in, sign your waiver, and make yourself comfortable.

What to Bring: Yoga mat! If you've got any additional yoga props, you're welcome to bring them along. Loaner yoga mats, blankets, blocks & straps are available but limited.

August MAYA Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 5pm: Tea & Breathe w/ Madeline	6 4pm: All-levels Vin/Yin w/ Kai	7 9am: Go with the Flow w/ Kai	8	9	10
11	12 Honey Buns Closed	13 8am: Power Yoga w/ Amanda	14 9am: Go with the Flow w/ Donna	15	16	17
18	19 5pm: Tea & Breathe w/ Madeline	20 4pm: All-levels Vin/Yin w/ Kai	21 9am: Go with the Flow w/ Donna	22	23	24
25	26 5pm: Tea & Breathe w/ Madeline	27 4pm: All-levels Vin/Yin w/ Kai	28 9am: Go with the Flow w/ Donna	29	30	31

*Please try to arrive to class on time (or even a few minutes early)!

It really helps you & your fellow yogis start in a cohesive space*

Class Descriptions

Go With the Flow w/ Donna: A flow-series-based class to wake the body and energize your day. Great for intermediate yogis! (1 Hour)

Tea & Breathe w/ Madeline: Relax onto your mat with a cup of tea in hand, letting the worries of your day melt away. Perfect for beginners! (1 Hour)

All-Levels Vin/Yin w/ Kai: Build strength and flexibility from any level of fitness & experience, using basic yoga poses that are held for a longer period of time. (1 hour)

Power Yoga w/ Mandy: Build heat & endurance as we move through a fun flow with more challenging yoga poses. Recommended for those with an intermediate experience level. (1 hour)

Questions?

Feel free to stop by Honey Buns Coffeehouse if you've got any questions regarding classes, purchase, or preparation for your first class!

Prefer to text? 928-303-8749 is Honey Buns' phone number.

Maupin Area Yoga Alliance currently consists of 5 certified Yoga teachers:

Donna Henderson

Kari Hansen

Kai Burgess

Madeline Rhoades

Amanda Johnson

Each class is suitable for any level, however some classes may offer advanced poses—please let your instructor know ahead of time if you have any special needs that concern yoga.

We appreciate you & your journey into yoga.

♥ , MAYA