

Maupin Area Yoga Alliance

Where: Yoga classes will be held at the Old Outdoor Store (599 US-197 Maupin, Oregon)

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.

September MAYA Schedule

Sun	Monday	Tue	Wednesday	Thursday	Fri	Saturday
1	2 5pm: Tea & Breathe w/ Madeline	3	4 9am: Go with the Flow w/ Donna	5	6	7 9am: All-Levels Vin/Yin w/ Kai
8	9 5pm: Tea & Breathe w/ Madeline	10 2:15: Faith-Based Yoga w/ Kari	11	12	13	14 5pm: Beginner Power w/ Mandy
15	16 5pm: Tea & Breathe w/ Madeline	17 2:15: Faith-Based Yoga w/ Kari	18 9am: Go with the Flow w/ Donna	19 5pm: Beginner Power w/ Mandy	20	21
22	23 5pm: Tea & Breathe w/ Kai	24 2:15: Faith-Based Yoga w/ Kari	25 9am: Go with the Flow w/ Donna	26 5pm: Beginner Power w/ Mandy	27	28 9am: All-Levels Vin/Yin w/ Kai
29	30 5pm: Tea & Breathe w/ Madeline					

*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)

Beginner Power w/ Mandy: Focus on strength, balance, and flexibility as you flow through poses that challenge your body & mind. (1 hour)

Faith Based Yoga w/ Kari: Find joy and peace in this all levels non-denominational faith based fitness class. Practice will begin with prayer, followed by a combination of yoga/Pilates/dance movements set to contemporary Christian music and bible scriptures. (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