

Yoga is BACK at Honey Buns Coffeehouse

Introducing: Maupin Area Yoga Alliance (MAYA)

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.

June MAYA Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 5pm: Tea & Breathe w/ Madeline	4 2:15: Faith Based Yoga w/ Kari 4:15: Sanity Session w/ Kari	5	6	7	8
9	10 5pm: Tea & Breathe w/ Madeline	11	12 9am: Go with the Flow w/ Donna	13	14	15
16	17 5pm: Tea & Breathe w/ Kai	18 2:15: Faith Based Yoga w/ Kari 4:15: Sanity Session w/ Kari	19 9am: Go with the Flow w/ Donna	20	21	22
23	24 5pm: Tea & Breathe w/ Madeline	25 9am: Morning Stretch w/ Kai	26 9am: Go with the Flow w/ Donna	27	28	29

Class Descriptions

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.

Sanity Sessions w/ Kari: Upbeat class created for all levels of yoga practitioners. Learn the nuances of yoga postures, incorporate breath and relaxation while building strength and balance in this fun series created to build a home practice. All levels welcome!

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

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!

Morning Stretch w/ Kai: Start your morning off right with a refreshing stretch, focusing on awakening your body & mind. Great for all levels!

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 4 certified Yoga teachers:

Donna Henderson

Kari Hansen

Kai Burgess

Madeline Rhoades

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