



“ALLOW YOUR  
INTELLIGENCE TO  
PENETRATE EVENLY  
THROUGHOUT THE  
BODY TO ITS  
EXTREMITIES,  
LIKE THE RAYS OF  
THE SUN.”

B. K. S. Iyengar

**Sun Ray Yoga, LLC**

1067 Woodley Road  
Montgomery, Alabama 36106  
(Behind Richardson's Pharmacy in Old Cloverdale)  
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	Mon	Tue	Wed	Thu	Fri	Sat
	Vinyasa 4:30 – 6 P  Beyond Basics	Basics 10 – 11:30A  Beyond Basics 5:30 – 7 P	Vinyasa 8:30 – 10A  Basics 5:30 – 7 P	Beyond Basics 5:15-6:45P	<i>Private session and massage times available Monday thru Fri- day</i>	<b>Chakra Series:</b>  <b>April 14</b> <b>May 12</b>  <b>9 – Noon</b>

**Basics** – A detailed study of foundational concepts and postures; best for beginners and/or those seeking a lighter *physical* workload.

**Beyond Basics** – Uses foundational concepts for postures requiring additional strength, balance and body awareness; best for physically fit beginners and/or more seasoned students seeking to expand their ability.

**Vinyasa**- Explores yoga postures through flow sequencing and requires upper body, back and leg strength and stamina; best for students familiar with foundational concepts and accustomed to regular exercise.

## Spring Happenings!

*For more information, visit [www.sunrayyoga.net](http://www.sunrayyoga.net)*

Chakra Series Continues. See the brochure available at the studio for more information.

Workshop III      April 14      The Sacral Chakra: Money, Sex and Creativity

Workshop IV      May 12      The Solar Plexus Chakra Personal Power and Self-Esteem