



Class Schedule

Yoga & Tai Chi Schedule

SUN	MON	TUE	WED	THUR	FRI	SAT
am 8:30	am 9:30		am 10:00	am 9:30	am 10:00	am 10:30
HOT POWER YOGA	VINYASA YOGA All Levels		YOGA All Levels	YOGA All Levels	VINYASA YOGA All Levels	YOGA All Levels
10:30				11:00		
YOGA All Levels	pm	pm	pm	Tai Chi	pm	pm 12:00
			4:30 Kids Yoga			Tai Chi
	6:00			6:00		
	YOGA Advanced			Restorative YOGA		
		7:30	6:30	7:30		
	7:30 Tai Chi	YOGA All Levels	VINYASA YOGA All Levels	YOGA All Levels		

Class schedule is subject to change, to suit the needs of our students.

- All movements in and out of poses should be practiced slowly and gracefully
- Remember that every posture presents a state of consciousness
- Don't push too much as it is better to let the body open gradually over time

Begin practice by chanting "OM" 3 times and conclude by chanting "OM" Shanti, Shanti, Shanti (Peace, Peace, Peace)

Useful Information

Please arrive 10 minutes early to do pillow homework and first time students. Feel free to pre-register on-line or just come on in!!

- When you enter Sun Tao Studio, please remove your shoes and turn off your cell phones!
- Please arrive at least 5 minutes before the start of class.
- We recommend not eating 2 hours before class or eat very lightly
- Wear comfortable clothes - not too tight, not too loose.
- Let the teacher know of any health issues or concerns
- Please no strong perfumes.
- Bare feet are recommended during Yoga class.
- We encourage you to bring your own mat. You can also buy or rent mats (\$2 rental fee) at the Studio. We have everything else you will need for class.
- If you arrive late, please wait until the after you hear the OM sound so as not to disturb the preparation portion of the class
- If you have to leave before the end of a class, please let the teacher know in advance and try to leave before Savasana (deep relaxation).
- Prenatal woman can take the Gentle Class (Please notify Instructor of your condition)

(973) 406-7088

www.SunTaoStudio.com

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