

Mountain Moon Yoga

is dedicated to providing a high altitude experience connecting the body, mind and spirit.

YOGA/MEDITATION CLASSES

Yoga Basics: An in-depth exploration of the poses and breathing practiced in Hatha classes. All levels welcome, great for beginners.

Hatha: Develop energy, core strength and flexibility through stretching, breathing and postures. Designed for a wide range of abilities.

Vinyasa Flow: Based on the energetic vinyasa style of poses flowing with the breath.

Yoga Mix: Encounter the strength, simplicity and fun of yoga by aligning your body with nature and balancing effort and surrender in each pose.

Power Yoga: A rigorous workout derived from a dynamic set of postures and focused breathing techniques.

FITNESS CLASSES

Pilates: This flowing mat Pilates class will leave you feeling strong and lean. A workout that will challenge all levels.

Fusion Fit: Strengthen, sculpt and stretch in this blend of yoga, Pilates and fitness.

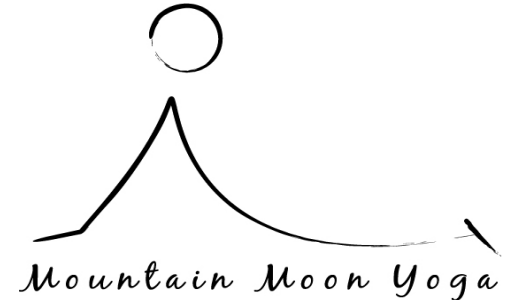
Body Sculpt: Combine weights, bands and balls to strengthen all muscle groups.

Try a new class!

Mountain Moon Yoga
PO Box 1153
Winter Park, CO 80482
970.726.5786

Summer June-August 2008

Honor your body, mind & spirit!



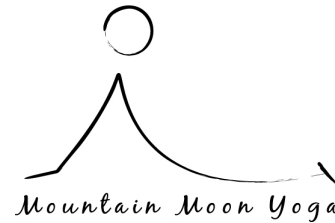
Margaret Strom, RYT
Box 1153, Winter Park, CO 80482
970.726.5786
www.mtmoonyoga.com
info@mtmoonyoga.com

Yoga and Fitness
classes, workshops, retreats
and privates

Located in downtown Winter Park
on Vasquez Road and Hwy 40
in the upstairs courtyard
at Winter Park Station

**Summer
June-August 2008
Winter Park Class Schedule**

(descriptions on back, schedule subject to change)



MONDAY

7:45-8:45 am	All levels	Hatha Yoga	Margaret
9:00-10:15 am	All levels	Yoga Basics	Margaret
12:15-1:00 pm	All levels	Fusion Fit	Bridget
6:00-7:00 pm	All levels	Pilates	Bridget

TUESDAY

7:45-8:45 am	Intermediate	Vinyasa Flow Yoga	Margaret
12:15-1:00 pm	All levels	Fusion Fit	Bridget

WEDNESDAY

7:45-8:45 am	All levels	Yoga Mix	Holly
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THURSDAY

7:45-8:45 am	All levels	Vinyasa Flow Yoga	Christina
12:15-1:00 pm	All levels	Body Sculpt	Kathryn
5:45-7:00 pm	All levels	Hatha Yoga	Margaret

FRIDAY

7:45-8:45 am	All levels	Power Yoga	Margaret
9:00-10:15 am	All levels	Hatha Yoga	Margaret

SATURDAY

8:30-9:45 am	All levels	Yoga Mix	Staff
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RATES

Prices are as follows, unless stated otherwise:

- Single class \$12
- 5 class card \$50
- 10 class card \$90

Cards valid for 4 months

Unlimited classes for one week \$20

Unlimited classes for one month \$75

NOTE: Please wear comfortable clothing, arrive to class on time, come with an empty belly and no heavy scents, cell phones or beepers. Thanks!

970.726.5786
www.mtmoonyoga.com

Special Events-Preregister!

Mountain Moon, Mountain Air: Recharging with Pranayama. Saturday, June 21, 10:30-noon, \$15. Take in our sacred mountain air at 9,000 feet - it is highly ionized and ideal for yogic breathing. Celebrate summer solstice learning the importance of a proper pranayama practice - emphasis on Ujjayi & Bhastrika. All levels, min 5, preregister by 6/14. Jerry Chase

Coming in July - Beryl Bender Birch. Date TBA. Join us for a fun day with nationally renowned yoga teacher, founder and director of The Hard & The Soft Yoga Institute, former Fraser Valley resident, and sled dog racer - Beryl Bender Birch. More details coming soon!

Additional Classes(call for details)

- * **Kremmling - Hatha Yoga**, Monday pm.
- * **Hot Sulphur Springs - Hatha Yoga & Power Yoga (2 classes)**, Wednesday pm also **Hatha Yoga**, Thursday lunch time.
- * **Grand Lake - Hatha Yoga**, Thursday am.

* **Create your own class time - with a group of 5 or more. Great for coworkers, friends or family.**

Additional Private Services

Yoga (Margaret RYT, 726.5786): Yoga Therapy, injury prevention and recovery, deepening your home practice.

Power Pilates (Kamie LMP, 531.8699): Pilates apparatus sessions to strengthen your core for efficiency and health in the rest of your life.

Wholistic Therapies (Tracey ND, 509.0377): Offering Naturopathy, Herbal Medicine, Iridology, Nutrition and Massage.

Peak Health (Annie LAc, Dipl OM, 531.8818): Traditional Chinese medicine including acupuncture, herbal medicine, bodywork, dietary therapy and exercise.