



Class Sessions for 2012

Winter Session

January 9 – March 10

Spring Session

March 12-May 12

Summer Session

May 14-July 28

NO CLASS: May 26-June 1

NO CLASS: June 30-July 6

Back to School Session

July 30-October 6

NO CLASS: Sept 1-Sept 7

Fall Session

October 8– December 15

NO CLASS: Nov 19-23

PRICING-

\$150 one class/week 9 weeks M-Th.

\$20 Drop-in

\$90 one class/week Fri. or Sat.

\$10 Drop-in Fri or Sat

\$5 Drop in Fri or Sat with any other
9 week enrollment.

\$70 Private yoga session, one student

\$85 Private yoga session two students

\$90 Private yoga session three students

\$75 Massage with Becky

\$75 Craniosacral Therapy with Becky

\$100 Initial two hour Ayurvedic

Consult with Liz

\$50 Each additional hour of Ayurvedic
Consultation

Vedic Chant to Begin...

Om... saha na vavatu

Saha nau bunaktu

Saha viryam karava vahai

Tejas vina vadi tamastu

Ma vidwi shavahai

Om Shanti shanti shantih

May we all be protected together.
May we enjoy the fruits of our study.
May we work together with great
energy
to find the true meaning of the
teachings.
May there be no animosity between
us.

Om peace, peace, peace.



2012 SCHEDULE

1067 WOODLEY RD,
MONTGOMERY, AL,
36106

334-409-YOGA

WWW.SUNRAYYOGA.NET



sunray@knology.net
(334) 409-9642

The Teachers

Becky McCune has been teaching yoga since 1999 and has owned and operated Sun Ray Yoga since 2004. She is a 2001 graduate of the Southern Institute for Yoga Instructors and has an E-RYT 500 designation from the Yoga Alliance. Her training is influenced by the teachings of BKS Iyengar, who places tremendous emphasis on correct body form and alignment. She also teaches a flowing style of yoga that is more athletically rigorous for those students seeking a faster pace and greater physical challenge. All her classes are physical, mental and meditational workshops emphasizing personal practice and individual needs. Her personal yoga practice began more than 20 years ago, born of a need to develop greater flexibility and deeper peace of mind.

Liz Campbell has practiced yoga since 2001 and is currently registered with Yoga Alliance at the 200 hour level. Her first yoga training was in Anusara yoga and then expanded into Ayurvedic Yoga. Wishing to understand the healing aspects of ancient eastern practices including yoga, she graduated from the Ayurvedic Institute June 2009. As a registered nurse, Liz has an insider's perspective on the relationship between yoga and good health. She often combines concepts of western health from her nursing background with yoga and Ayurveda to give students insight on finding a healthy balance in life. She is a member of the Holistic Nursing Association as well as the Association of Ayurvedic Professionals of North America.

YOGA SCHEDULE

MON	9:30-11A Morning Stretch with Becky 4:30-6 P Vinyasa with Becky
TUE	8:30-10A Ayurvedic Yoga with Liz 5:30-7 P Beyond Basics with Becky
WED	8:30-10A Vinyasa with Becky 5:30-7P Basics with Becky
THU	5:30-7P Beyond Basics with Becky
FRI	4:30-6P Happy Hour with Liz
SAT	8:30-10A Weekend Balance: Becky and Liz alternate teaching these classes

OTHER SERVICES

Becky offers private yoga lessons and massage Call 334-409-9642 to make an appointment.

Liz offers private yoga lessons and Ayurvedic consults. Call 334-202-2305 to make an appointment.

Class Descriptions

Basics-A study/review of foundational concepts; best for beginners and those seeking a lighter physical load

Beyond Basics-Expanded study of yoga concepts and greater physical challenge

Morning Stretch-Focus on breath and yoking mind and body as you move through the yoga poses. Good for any level.

Vinyasa- Explore yoga postures and concepts through flow sequencing requiring strength, stamina. Best for more experienced yoga practitioners.

Ayurvedic Yoga-Incorporates wave movement and pose/counter pose into classic yoga asana and breath work for increased sense of well-being.

Happy Hour-Mindful movement through breath work, pose/counter-pose and restorative yoga get you ready for the weekend. All levels.

Weekend Balance-Experience the joy of yoga based on the needs of the class for a more balanced life on any given Saturday.



www.sunrayyoga.net
Phone-334-409-9642