

# Sunset Drive Yoga

*Welcome*

Sunset Drive Yoga is a quiet, supportive space where yoga is offered with care, curiosity and respect for where you are today.

Classes emphasize mindful movement, breath awareness, and gentle strength to support a mind-body practice.

Whether it is your first class or one of many, you're welcome here.

## *Contact Information*

*please reach out with questions or requests*

Jane Bear

📞 Cell: (570) 460-8224

💬 TEXT: (570) 460-8224

♥ e-mail:  
sunsetdriveyoga@gmail.com

## Our Location

📍 503 Sunset Drive  
~ lower level (below Awaken)  
Dickson City, PA



*Whether it is your first class or one of many, you're welcome here.*

*Classes & Offerings  
group classes  
& private sessions  
available:*

*~ Chair Yoga  
~ Yin Yoga  
~ Slow Flow*



# 2026 Sunset Drive Yoga Schedule

# January

~gentle movement. ~mindful living.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 11:15a CHAIR YOGA with Jane
4	5	6	7	8	9	10 11:15a CHAIR YOGA with Jane
11	12	13	14	15	16	17 11:15a CHAIR YOGA with Jane
18	19	20	21	22	23 6:00p ZUMBA with Melissa	24 11:15a CHAIR YOGA with Jane
25	26	27	28	29	30	31 11:15a CHAIR YOGA with Jane

Classes move at a thoughtful pace with options offered throughout. You are always invited to rest, modify, or simply breathe. No prior yoga experience is needed.

~Small class sizes.

~Mat & Props provided.

~Boost body awareness.

~Rest, reflect, replenish.

~A calm & familiar setting