



YOGA SANCTUARY

LAS VEGAS' PREMIER STUDIO FOR YOGA & MEDITATION

AUGUST 2017 HIGHLIGHTS

• Knead To De-stress Massage at Yoga Sanctuary! Starts in August!

Exciting News! One of Vegas' top places for therapeutic massage will offer treatments at Yoga Sanctuary. Knead To De-stress, created by licensed massage therapist (and yogi) Jessie Jones, offers expert Swedish, Deep Tissue and Sports Massage tailored to your individual needs. Pick up a flyer at our studio for treatment options and package discounts. Book your appointment by phone or at the studio.

• SmartFLOW Fall Yoga Teacher Training: Starts Sept. 22 Register By August 1 & Save \$400!

Join those who have already signed up for one of the top trainings in the yoga world. Recommended whether you want to teach or deepen your practice. Created by yoga legend Annie Carpenter. Senior SmartFLOW trainer/Yoga Sanctuary teacher Rachael Sellars leads it with an outstanding team. Held on selected weekends. Reserve your spot!

• Live Music Yoga Classes: Fri. August 11 & 18 at 6 pm

Awesome guest musicians at Kim Meoli's Live Music Yoga! Gifted Tim Catching performs on Aug. 11. Martin St. Pierre (Cirque Musical Dir. & electric violinist) on Aug. 18. Attend for FREE with most studio packages!

• Private Yoga, Meditation & Reiki Sessions

By appointment at the studio, your home or office. Call for more info.

• Become Certified to Teach Kids Yoga: Sept. 16 & 17 Register By August 15 for Discount!

Parents, yoga teachers, others... enrich the lives of kids through the world famous Mini Yogis Yoga for Kids training. Join Shana Meyerson, creator of renowned Mini Yogis for Kids. Through themes, games, music and more, learn how to benefit kids emotionally and physically with yoga. Reserve!

• More upcoming Special Events!

- David Romero leads Sound Bath/Restorative Yoga: Sunday, Oct. 8
- Patrick Beach leads weekend of yoga workshops: Dec. 1-3

• Chenee Marx Joins Teaching Staff! Starting in August

Talented, experienced Chenee Marx teaches Thursday 10 am Vinyasa Flow.

• August Specials! Save Up to \$100!

Save \$100 on 1 year unlimited or \$50 on 6 month unlimited paid in full packages. Many more specials. See back of this schedule.

• First Class FREE! For Locals New to Yoga Sanctuary!

Attend first time for free: either Sun. at 3 pm or Tues. at 6:50 pm.

• \$12 Drop-in Fee at Selected Yoga Classes

"★" classes on schedule: locals with photo ID may pay \$12 cash drop-in. Anyone can also attend with standard drop-in fee or class from package. (You can also attend any meditation class for a \$12 cash drop-in.)

MONDAY

9:00-10:30 am	Wake Up & Flow! (SmartFLOW) Mixed Levels	Rachael
10:00-11:30 am	Level 1&2	Sherry
4:00-5:15 pm	Vinyasa Flow All Levels	★ Nicki
5:30-6:30 pm	Candlelight Soul Flow All Levels	Robin
6:00-7:10 pm	Vinyasa Flow Mixed Levels	Eric
6:35-7:45 pm	Yoga & Aromatherapy Basics/Level I	Christine
7:15-8:15 pm	Deep Yin Wind Down All Levels	Eric

TUESDAY

7:30-8:30 am	"Yoga & Beyond" Mixed Levels	Angie W.
9:00-10:15 am	Yoga Basics/Level I (SmartFLOW)	Rachael
10:00-11:30 am	Vinyasa Flow Mixed Levels	Eliza
5:25-6:40 pm	Vinyasa Flow Mixed Levels new teacher!	★ Eliza
5:30-6:45 pm	Restorative Relax Deeply All Levels	Rachael
6:45-8:00 pm	Candlelight Yoga & Meditation	★ Kim
6:50-7:50 pm	Beginner Yoga Basics/Level I New Student Special	Russell

WEDNESDAY

9:00-10:30 am	Wake Up & Flow! Mixed Levels	Kim
10:00-11:30 am	Level 1&2	Sherry
4:00-5:15 pm	Power Flow Level 2	Rachael
5:30-6:30 pm	Yoga for Stress Relief Basics/Level I	Robin
5:30-6:40 pm	Vinyasa Flow Mixed Levels	Nicki
6:45-7:45 pm	Deep Yin Wind Down All Levels	Melissa

THURSDAY

7:30-8:30 am	"Yoga & Beyond" Mixed Levels	Angie W.
9:00-10:15 am	Wake Up & Flow All Levels	Nichol
10:00-11:30 am	Vinyasa Flow Mixed Levels new teacher!	Chenee
4:00-5:00 pm	Vinyasa Flow All Levels	★ Nicki
5:25-6:40 pm	Restorative Relax Deeply All Levels	Angela
5:25-6:40 pm	Vinyasa Flow All Levels	Kim
6:45-7:30 pm	"Log Off" Meditation/Stress Relief	Kim

FRIDAY

9:00-10:00 am	Gentle Flow (SmartFLOW) All Levels	Rachael
10:00-11:30 am	Level 1&2	Kim
5:25-6:25 pm	"Vinyasa Vibes" - special music playlists	★ Russell
6:00-7:15 pm	Flow & Yin with Live Gong	Kim
6:00-7:15 pm	Live Music Yoga/Tim Catching - Aug. 11	Special Event!
6:00-7:15 pm	Live Music Yoga/Martin St. Pierre - Aug. 18	Special Event!

SATURDAY

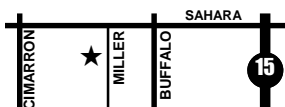
8:30-10:00 am	SmartFLOW Yoga Mixed Levels	Rachael
9:00-9:50 am	"Log Off" Guided Meditation Class	Kim
10:00-11:25 am	Vinyasa Flow All Levels	Eric
10:15-11:25 am	Yoga Basics/Level I	Amanda
11:30-1:00 pm	Power Flow Mixed Levels	Eric
1:00-2:15 pm	Vinyasa Flow All Levels	Angela

SUNDAY

9:00-9:50 am	"Log Off" Mindfulness Meditation Class	Kim
10:00-11:30 am	Sunday Soul Yoga Level 1&2	Kim
10:15-11:30 am	Ashtanga Vinyasa Mixed Levels	Eric
11:35-1:00 pm	Vinyasa Flow All Levels	Eric
11:35-12:45 pm	Zen Zone Yoga All Levels	Lucrezia
1:00-2:00 pm	Beginner Yoga Basics/Level I	Siera
3:00-4:00 pm	Restorative Relax Deeply New Student Special	Angela
4:00-5:15 pm	Vinyasa Flow All Levels	★ Nicki

YOGA SANCTUARY

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WEBSITE: lasvegasyoga.com FACEBOOK: [Yoga Sanctuary Las Vegas](https://www.facebook.com/YogaSanctuaryLasVegas)
INSTAGRAM: [yogasanctuaryvegas](https://www.instagram.com/yogasanctuaryvegas)

CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE

CLASS DESCRIPTIONS

YOGA BASICS - A great way for new students to get acquainted with yoga. Intro class is also for those with experience who want a more solid foundation in yoga. Learn basic poses in a slow-paced supportive setting with lots of individual attention from the teacher.

LEVEL 1 YOGA - These classes are for the beginning yoga student. Learn the correct form, alignment and benefits of those poses that provide the foundation of a solid yoga practice. Tone your body, develop flexibility and combat stress, anxiety, fatigue and insomnia.

LEVEL 1&2 YOGA - Recommended for the continuing beginner student and intermediate students. Pace is quicker and more challenging poses are introduced. This class is suitable for people who feel comfortable in Level 1 and are looking for greater strength, stamina and flexibility.

LEVEL 2&3 - Prior yoga experience is recommended for these advanced classes. Build heat, stamina and burn calories with a challenging series of poses. Align the body, create lean muscles, relax the mind and cultivate inner peace. Pace is very vigorous so be prepared to sweat!

ALL LEVELS & MIXED LEVELS - "All Levels" classes are open to those brand new to yoga as well as all other students. "Mixed Levels" classes are also open to all levels, however, some yoga experience is recommended.

CANDLELIGHT YOGA - Indulge in the ultimate yoga experience. Come to our famous Candlelight Yoga classes where our rooms are lit by soft, relaxing candlelight. The candles and music soothe the soul and the senses as you flow through various yoga moves.

FLOW/VINYASA - Develop strength and endurance by merging breath and movement with an uninterrupted flow of postures. Often includes a creative music mix. Power Flow classes including more challenging postures.

VINYASA VIBES - One of the most creative yoga classes ANYWHERE! A dynamic combo of poses to exhilarate the body and mind. Add progressive, exciting music mixes and you're on a journey to pure joy.

SMARTFLOW YOGA - An inventive, slower paced, flow class that blends playfulness and a skillful practice. The heart of SmartFLOW is creative and intelligent sequencing that takes the body and mind on a dynamic journey of inquiry and empowerment.

ASHTANGA VINYASA - Build stamina, flexibility and mental focus at this flow class rooted in the classical Ashtanga yoga style. With deep attention to the breath, move through a special yoga sequence of postures to increase strength and still the mind.

YIN YOGA - Reduce stress and increase flexibility through deep, long-held floor poses in this calming class.

RESTORATIVE YOGA - Melt away physical and emotional tension and relax deeply with restorative yoga poses and various yoga props.

YOGA & BEYOND - Tone, build endurance, at this unique energizing class. Combines yoga on the mat, chair yoga and yoga with exercise props.

"LOG OFF" MEDITATION - Reduce stress with traditional meditation techniques and new approaches to bring stillness and inner peace.

"ZEN ZONE" YOGA - Get centered, refresh the soul and increase energy at these inspired yoga classes for the mind and body. Elevate your spirit by incorporating ancient wisdom along with a physical practice.

YOGA FOR STRESS RELIEF Relax your body and soul at these classes for all levels. Integrates yoga poses, breathing exercises, relaxation and meditation techniques to create a positive and peaceful state of mind.

LIVE MUSIC YOGA - Get inspired at our special Live Music Yoga classes. Talented guest musician accompanies the class and creates a powerful body-mind experience unlike any yoga class you've ever taken.

YOGA & AROMATHERAPY - Sample different essential oils as you practice yoga, breathing and meditation for total well-being.

PRIVATE YOGA & REIKI SESSIONS - We also provide private classes (on and off premise) for individuals...tailored to special needs. Great for beginners or those looking to expand their physical or spiritual practice. Call for more information and to schedule sessions.

CORPORATE YOGA & STRESS REDUCTION SESSIONS - Specifically designed for your business, convention or group. Call for details.

PRICES

VISA/MASTERCARD/DISCOVER/AMERICAN EXPRESS ACCEPTED

ADULTS

	\$
Single Yoga Class (in-state visitor).....	18*
Single Yoga Class (out-of-state visitor).....	20
Yoga Class with Live Music	20
5 Class Package (60-day limit)	85 \$17/class
10 Class Package (60-day limit)	160 \$16/class
13 Class Package (75-day limit)	179 \$13.76/class
20 Class Package (90-day limit)	265 \$13.25/class
1 Month Unlimited Package (30 days)	124
3 Month Unlimited Package (90 days)	350
6 Month Unlimited Package (180 days)	570 ← August Special
1 Year Unlimited Package (365 days)	899 ← August Special
1 Year Unlimited Package (365 days) auto-pay plan.....	89 monthly
6 Month "Yoga Buddies" (180 days) auto-pay plan	79 monthly
*Local yoga/fitness teacher single class "cash" price	14

"MEDITATION CLASSES ONLY"

Single Meditation Class	12 cash/14 credit cd.
5 Class Meditation Package (60-day limit)	55 \$11/class
10 Class Meditation Package (60-day limit)	100 \$10/class

PLEASE NOTE: Regular class packages may also be used for meditation classes. However, "Meditation Class Packages" are limited to meditation classes only. All classes, class packages, events, workshops, gift certificates, events and gift shop purchases are non-refundable. No refunds, credits or extensions will be issued for unused classes if your class package expires or for class schedule changes.

FREE CLASS! FOR LOCALS NEW TO STUDIO!

If you have never taken a class at Yoga Sanctuary and are a local resident, you can attend one of the following yoga classes for free: **Sunday at 3 pm** or **Tuesday at 6:50 pm**. Must present photo I.D. with local address.

FULL-TIME STUDENTS (Local college/school students only. Must present valid school I.D. & copy of class schedule when purchasing classes. Age 13 & over)

Single Class (except live music)	14
5 Class Package (60-day limit)	65
1 Month Unlimited Package (30 days)	99
6 Month Unlimited Package (180 days) auto-pay plan.....	69 monthly
6 Month "Yoga Buddies" (180 days) auto-pay plan.....	59 monthly

KIDS (ages 4-12)

Single Class (except live music)	12
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OTHER

yoga mat rental (includes sales tax).....	2.25
<i>(FREE mat rental with most class packages and first "Introductory Special" class)</i>	

Private Yoga

Private Yoga (75 minutes)	125 & up*
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*Sign Up for 3 or More Private Sessions in Advance, Get 5% Discount!

Discounts for Locals if First Time to Studio Must be purchased immediately before or after your first class.

- ✓ 2 Weeks: \$29 (doesn't include free rental mat, live music yoga, master class)
- ✓ 5 classes: \$69. 60-day limit (include free rental mat, live music yoga)*
- ✓ 10 classes: \$135. 60-day limit (include free rental mat, live music yoga)*
- ✓ 20 classes: \$240. 90-day limit (include free rental mat, live music yoga)*
- ✓ 10% off any yoga mat in our retail store.

*Any of these may be shared with another local who is brand new to our studio.

Earn FREE Classes! Refer A Friend! Call for details!