

LAS VEGAS'
PREMIER STUDIO
FOR YOGA & MEDITATION



www.lasvegasyoga.com
Facebook & Instagram:
@yogasanctuarylv

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MONDAY			
7:00-8:15 am	★	Sunrise Flow	All Levels Dylan
9:00-10:30 am		Wake Up & Flow	Mixed Levels Kim
10:00-11:30 am		Vinyasa Flow	Level 1/2 Sherry
12:30-1:30 pm		Vinyasa Flow	All Levels Eliza
4:00-5:15 pm		Vinyasa Flow	Mixed Levels Nicki
5:30-6:30 pm		Candlelight Soul Flow	All Levels Robin
6:00-7:15 pm		Yoga Basics	Level 1 Noé
6:35-7:45 pm		Yang / Yin	All Levels Angela A.
TUESDAY			
7:30-8:30 am		"Yoga & Beyond"	Mixed Levels Angie W.
9:00-10:15 am		Yoga Basics (SmartFLOW)	Level 1 Rachael
10:00-11:30 am		Vinyasa Flow	Mixed Levels Eliza
10:30-12:00 pm		Ashtanga Vinyasa	Level 2 Shawn H.
5:25-6:40 pm		Vinyasa Flow	Mixed Levels Eliza
5:30-6:45 pm		Restorative Relax Deeply	All Levels Rachael
7:00-8:00 pm		Yoga Basics	Level 1 Angela A.
WEDNESDAY			
7:00-8:15 am		Sunrise Flow	All Levels Dylan
9:00-10:30 am		Wake Up & Flow	Mixed Levels Kim
10:00-11:30 am		Vinyasa Flow	Level 1/2 Sherry
12:30-1:30 pm	★	Vinyasa Flow	All Levels Jacky
4:00-5:15 pm		Power Flow	Level 2 Rachael
5:30-6:30 pm		Yoga Basics for Stress Relief	Level 1 Robin
6:00-7:10 pm		Vinyasa Flow	Mixed Levels Tisha
THURSDAY			
7:30-8:30 am		"Yoga & Beyond"	Mixed Levels Angie W.
9:00-10:15 am		Wake Up & Flow	All Levels Nichol
10:30-12:00 pm		Ashtanga Vinyasa	Level 2 Shawn H.
4:00-5:00 pm	★	Vinyasa Flow	Level 1/2 Nichol
5:25-6:40 pm		Vinyasa Flow	All Levels Kim
6:00-7:00 pm		Yin Yoga	All Levels Lauren
6:45-7:30 pm		"Log Off" Meditation / Stress Relief	All Levels Kim
FRIDAY			
9:00-10:00 am		Gentle Flow (SmartFLOW)	All Levels Rachael
10:00-11:30 am		Vinyasa Flow	Level 1/2 Kim
4:00-5:00 pm		Ashtanga Improv	Mixed Levels Jen
5:30-6:45 pm	★	Vinyasa Flow	Mixed Levels Melissa
6:00-7:15 pm		Flow & Yin with Live Gong	All Levels Kim
SATURDAY			
8:30-10:00 am		Vinyasa Flow (SmartFLOW)	Mixed Levels Rachael
9:00-9:50 am		"Log Off" Guided Meditation	All Levels Kim
10:00-11:25 am		Vinyasa Flow	All Levels Eliza
10:15-11:25 am		Yoga Basics	Level 1 Amanda
11:30-1:00 pm		Power Flow	Mixed Levels Shawn H.
1:00-2:15 pm		Vinyasa Flow	All Levels Angela A.
SUNDAY			
9:00-9:50 am		"Log Off" Mindfulness Meditation	All Levels Kim
10:00-11:30 am		Sunday Soul Yoga	Level 1/2 Kim
11:00-12:15 pm		Zen Zone Yoga	All Levels Lucrezia
11:35-12:50 pm	★	Root To Rise Yoga	Level 1 Russell
1:30-2:30 pm		Power Flow	Level 2 Angela A.
3:00-4:00 pm		Restorative Relax Deeply	All Levels Angela A.
4:00-5:15 pm		Vinyasa Flow	All Levels Nicki

★ \$12 Drop-In Classes

CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE

Wellness Package

Mind | Body | Spirit



4 Yoga Classes

1 Hour Massage



1 Meditation Class

\$109

* 30 Day Expiration

Time For Self Love!



Sunday, February 11th
1:30 ~ 3:30 pm



Workshop Led By Christine Frazzitta

Live Music Yoga!

Tim
Catching

Feb. 16th
6:00 p.m.



Martin
St-Pierre

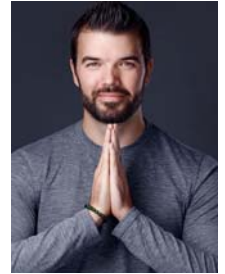
Feb. 23rd
6:00 p.m.



CONSCIOUS BREATHING FOR HEALING & AWAKENING

Sat. Feb 24th
1:30 ~ 3:30 pm

Workshop led by Zach Rehder



Specials!

CD's
DVD's
Books

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**40% Off**



## Qi To Life Experience

Saturday, March 3rd  
1:30-4pm  
Led by Damon D'Amato



## REIKI LEVEL 1

Sat. March 17th  
& Sun. March 18th  
1:30 ~ 5:30 pm



Workshop  
led by  
Kim Meoli

## Rachael Sand leads TRE Workshop



Sat. March 24th  
1:30 ~ 3:30 pm



## PRICING OPTIONS

| Single Yoga Classes        |       |
|----------------------------|-------|
| Adult                      | \$ 18 |
| Child (8-12)               | \$ 12 |
| Local Yoga/Fitness Teacher | \$ 14 |
| Live Music Class           | \$ 20 |

| Yoga Class Packages           |       |
|-------------------------------|-------|
| 5 Class Package (60-day exp)  | \$85  |
| 10 Class Package (60-day exp) | \$160 |
| 15 Class Package (90-day exp) | \$225 |
| 20 Class Package (90-day exp) | \$280 |

| Meditation Classes                |        |
|-----------------------------------|--------|
| Single Class                      | \$ 14  |
| 5 Class Package                   | \$ 60  |
| 10 Class Package                  | \$ 100 |
| 60-day exp on Meditation packages |        |

| Unlimited Yoga Packages |                  |              |
|-------------------------|------------------|--------------|
|                         | Monthly Auto-Pay | Paid In Full |
| 1 Month Unlimited       | N/A              | \$125        |
| 3 Month Unlimited       | \$99 / month     | \$299        |
| 6 Month Unlimited       | \$89 / month     | \$499        |
| 1 Year Unlimited        | \$79 / month     | \$899        |

- ### Auto-Pay Terms & Conditions
- \$29 Enrollment fee applied to first payment
  - All Contracts will Auto-Renew
  - Must cancel 5 days prior to contact expiration to prevent auto-renewal
  - No Refunds/Exchanges
  - Refer to contract for additional terms/conditions