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<b>MONDAY</b>			
	8:45 - 10:00 am	Wake Up & Flow	Level 1/2 Jaime
	10:15 - 11:30 am ★	Vinyasa Flow	Level 1/2 Sherry
	3:30 - 5:00 pm	Mysore (Ashtanga)	All Levels Self-led
	5:30 - 6:45 pm	Candlelight Soul Flow	All Levels Noé
	7:00 - 8:15 pm	Yoga Basics	Basics Noé
<b>TUESDAY</b>			
	7:30 - 8:30 am	"Yoga & Beyond"	Level 1/2 Angie W.
	8:45 - 10:00 am	Yoga Basics (SmartFLOW)	Basics Rachael
	10:15 - 11:30 am	Vinyasa Flow	All Levels Eliza
	4:00 - 5:15 pm	Vinyasa Flow	Level 1/2 Angela A.
	5:30 - 6:45 pm	Restorative Relax Deeply	All Levels Angela A.
	7:00 - 8:15 pm ★	Yoga Basics	Basics Angela A.
<b>WEDNESDAY</b>			
	8:45 - 10:15 am	Wake Up & Flow	Level 1/2 Noé
	10:15 - 11:30 am	Vinyasa Flow	Level 1/2 Sherry
	3:30 - 5:00 pm	Mysore (Ashtanga)	All Levels Self-led
	5:30 - 6:45 pm ★	Vinyasa Flow	Level 1/2 Kelly
	7:00 - 8:15 pm	Yoga Basics	Basics Rachel P.
<b>THURSDAY</b>			
	7:30 - 8:30 am	"Yoga & Beyond"	Level 1/2 Angie W.
	8:45 - 10:00 am	Wake Up & Flow	Level 1/2 Kim M.
	10:15 - 11:30 am	Vinyasa Flow	All Levels Joshua
	4:00 - 5:15 pm	Vinyasa Flow	All Levels Monika
	5:30 - 6:45 pm	Vinyasa Flow	Level 2 Rachel P.
	7:00 - 8:15 pm	Yin Yoga	All Levels Noé
<b>FRIDAY</b>			
	8:45 - 10:00 am	Gentle Flow (SmartFLOW)	All Levels Rachael
	10:15 - 11:30 am	Vinyasa Flow	Level 1/2 Joshua
	6:00 - 7:15 pm	Live Music Yoga / Flow & Yin	All Levels Noé
<b>SATURDAY</b>			
	8:30 - 9:45 am	Vinyasa Flow (SmartFLOW)	Level 2 Rachael
	10:00 - 11:15 am	Yoga Basics	Basics Amanda
	11:30 - 12:45 pm ★	Vinyasa Flow	Level 1/2 Eliza
	1:00 - 2:15 pm	Vinyasa Vibes	All Levels Russell
<b>SUNDAY</b>			
	9:00 - 9:50 am	"Log Off" Mindfulness Meditation	All Levels Jaime
	10:00 - 11:15 am	Sunday Soul Yoga	All Levels Jaime
	11:30 - 12:45 pm	Zen Zone Yoga	All Levels Lucrezia
	1:00 - 2:15 pm	Vinyasa Flow	Level 1/2 Joshua
	2:30 - 3:45 pm ★	Restorative Relax Deeply	All Levels Angela A.
★ \$12 Drop-In Classes		CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE	

## Live Music Yoga!



High spirits, flowing energy, music full of heart.

**Tim Catching** plays for a Flow & Yin Vinyasa class.

October 8th & 22nd



## Zoom Only Membership / \$49 / Month

Access to all Live & Recorded Zoom classes.

\*Please check in with the front desk for more details & restrictions.

## October Special!

10% off any Unlimited Package Paid in Full\*  
\*Excludes 1 Month Unlimited  
\*Limit 1 per student

Use Discount Code:  
**October2021**  
when purchasing online

## Nectar of the Moon - The Art of Relaxation

Led by Jaime Peterson-Ayoub



Saturday, October 2nd  
2:30pm - 4pm

## Recover, Replenish, & Rejuvenate

A stretching/breathing workshop led by Noe Hilyard

Saturday, October 16th  
2:30pm - 4:30pm



## Violin Meditation, Mozart & Chocolates

Led by Rebecca Sabine

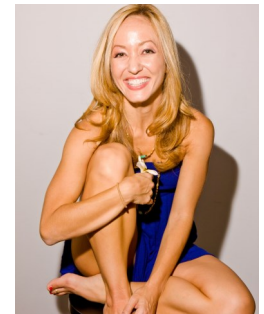


Saturday, October 30th  
2:30pm - 3:30pm

## Kino MacGregor

Returns to Las Vegas for 5 amazing workshops

December 10th - 12th  
check website for times



## PRICING OPTIONS

Single Yoga Classes		Yoga Class Packages		Meditation Classes	
Adult	\$ 18	5 Class Package (3 month exp)	\$85	Single Class	\$ 14
Child (8-12)	\$ 12	10 Class Package (3 month exp)	\$160	5 Class Package	\$ 60
Local Yoga/Fitness Teacher	\$ 14	15 Class Package (6 month exp)	\$225	10 Class Package	\$ 100
Live Music Class	\$ 20	20 Class Package (6 month exp)	\$280	3 month exp on Meditation packages	

### Unlimited Yoga Packages

	Monthly Auto-Pay*	Paid In Full
1 Month Unlimited	N/A	\$125
3 Month Unlimited	\$109 / month	\$299
6 Month Unlimited	\$99 / month	\$499
1 Year Unlimited	\$89 / month	\$899

### Auto-Pay Terms & Conditions

- \$39 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