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| <b>MONDAY</b>   |                  |   |                      |
|---|------------------|---|----------------------|
|   | 8:45 - 10:00 am  | Wake Up & Flow                              | Level 1/2 Andrea     |
|   | 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     |
|   | 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 ★ | Restorative Relax Deeply                    | All Levels Jessica   |
| <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 Jaime      |
|   | 10:15 - 11:30 am | Vinyasa Flow                                | All Levels Joshua    |
|   | 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 - 9:45 am   | "Log Off" Mindfulness Meditation            | All Levels Jaime     |
|   | 10:00 - 11:15 am | Sunday Soul Yoga                            | Level 1/2 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. |
| ★ \$14 Drop-In Classes  |                  | CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE |                      |
| CLASS DESCRIPTIONS CAN BE FOUND ONLINE AT: WWW.LASVEGASYOGA.COM |                  |   |                      |

## Live Music Yoga!



The stylings of **Tim Catching** while being guided through a Flow & Yin Vinyasa class.

May 6th & 20th, 2022

EVERYTHING IS BETTER WITH A FRIEND



## "YOGA BUDDIES"

Get 6 Months Of Unlimited Classes At A Great Savings When You And A Friend Sign Up For Our Yoga Buddies Plan

### 6 Months Unlimited Yoga Buddies

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

## New Student Special

2 Weeks Unlimited Yoga **\$39**

\*\*Nevada Locals only with Identification

## May Special!

15% Off

1 Month Unlimited Yoga

Use Code: 15OFF when purchasing online



## Nourish & Nurture

A Restorative - Sound Healing Journey



Sunday, May 8th 2:30 - 4:30 pm

## Journey Through The Chakras

Saturday, May 14th 3:00 - 5:00 pm



## David Romero & Frank Capwell

Two days of healing!



Saturday, July 16th 3:00 - 5:00p  
Sunday, July 17th 4:00 - 6:00p



## The Sensorium Series

5 Weekly Events Led by Rebecca Sabine

Saturdays at 3:00p From July 30th - August 27th

## PRICING OPTIONS

| Single Yoga Classes        |       |
|----------------------------|-------|
| Adult                      | \$ 20 |
| Child (8-17)               | \$ 14 |
| Local Yoga/Fitness Teacher | \$ 15 |
| Live Music Class           | \$ 22 |

| Yoga Class Packages            |       |
|--------------------------------|-------|
| 5 Class Package (3 month exp)  | \$90  |
| 10 Class Package (3 month exp) | \$170 |
| 15 Class Package (6 month exp) | \$240 |
| 20 Class Package (6 month exp) | \$300 |

| Meditation Class |      |
|------------------|------|
| Single Class     | \$15 |

| Unlimited Yoga Packages |                   |              |
|-------------------------|-------------------|--------------|
|                         | Monthly Auto-Pay* | Paid In Full |
| 1 Month Unlimited       | N/A               | \$129        |
| 3 Month Unlimited       | \$119 / month     | \$329        |
| 6 Month Unlimited       | \$109 / month     | \$559        |
| 1 Year Unlimited        | \$99 / month      | \$999        |
| 6 Month "Yoga Buddies"  | \$89 / month      | N/A          |

| Sanctuary Wellness Package                   |                  |             |
|--|------------------|-------------|
| 1 Month Unlimited Yoga 1 - 60 Minute Massage |                  |             |
| \$149/Month                                  | \$159/Month      | \$179/Month |
| 1 Year Contract                              | 6 Month Contract | No Contract |