

LAS VEGAS'
PREMIER STUDIO
FOR YOGA & MEDITATION



www.lasvegasyoga.com
Facebook & Instagram:
@yogasanctuarylv

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MONDAY			
9:00-10:30 am	Wake Up & Flow	Level 1/2	Jaime
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
12:00-1:00 pm	Lunchtime Flow	All Levels	Eliza
4:00-5:15 pm	Vinyasa Flow	Level 1/2	Nicki
5:30-6:30 pm	Candlelight Soul Flow	All Levels	Robin
6:00-7:15 pm	Yoga Basics	Basics	Noé
6:45-7:45 pm	★ Yin Yoga	All Levels	Angela A.
TUESDAY			
7:30-8:30 am	"Yoga & Beyond"	Level 1/2	Angie W.
9:00-10:15 am	Yoga Basics (SmartFLOW)	Basics	Rachael
10:00-11:30 am	Vinyasa Flow	All Levels	Eliza
4:00-5:15pm	★ Hatha Yoga	Level 2	Nicki
5:30-6:45 pm	Vinyasa Flow	All Levels	Eliza
5:30-6:45 pm	Restorative Relax Deeply	All Levels	Rachael
7:00-8:00 pm	Yoga Basics	Basics	Angela A.
WEDNESDAY			
9:00-10:30 am	Wake Up & Flow	Level 1/2	Nichol
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
4:00-5:15 pm	Vinyasa Flow	Level 2	Rachael
5:30-6:30 pm	Yoga Basics for Stress Relief	Basics	Robin
6:00-7:15 pm	Vinyasa Flow	All Levels	Rachel P.
6:45-8:00 pm	★ Lunar Flow with Yoga Nidra	All Levels	Jaime
THURSDAY			
7:30-8:30 am	"Yoga & Beyond"	Level 1/2	Angie W.
9:00-10:15 am	Wake Up & Flow	Level 1/2	Nichol
10:00-11:30 pm	Vinyasa Flow	All Levels	Joshua
4:00-5:00 pm	Vinyasa Flow	Level 1/2	Angela A.
5:45-6:45 pm	★ Yoga Basics	Basics	Rachel P.
6:00-7:00 pm	Yin Yoga	All Levels	Lauren
FRIDAY			
9:00-10:15 am	Gentle Flow (SmartFLOW)	All Levels	Rachael
10:00-11:30 am	Vinyasa Flow	Level 1/2	Noé
4:00-5:00 pm	Ashtanga Improv	Level 1/2	Jen
6:00-7:15 pm	Live Music Yoga / Flow & Yin	All Levels	Noé
SATURDAY			
8:30-10:00 am	Vinyasa Flow (SmartFLOW)	Level 2	Rachael
9:00-9:50 am	"Log Off" Guided Meditation	All Levels	Wendy
10:00-11:15 am	Vinyasa Flow	Level 1/2	Eliza
10:15-11:15 am	Yoga Basics	Basics	Amanda
11:30-12:45pm	Slow Flow Yoga	All Levels	Lauren
1:00-2:15 pm	Vinyasa Vibes	All Levels	Russell
SUNDAY			
9:00-9:50 am	"Log Off" Mindfulness Meditation	All Levels	Kim / Jaime
10:00-11:30 am	Sunday Soul Yoga	Level 1/2	Kim / Jaime
11:00-12:30 pm	Zen Zone Yoga	All Levels	Lucrezia
12:45-2:00 pm	Vinyasa Flow	Level 1/2	Joshua
2:30 - 3:45 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

CLASS DESCRIPTIONS CAN BE FOUND ONLINE AT: WWW.LASVEGASYOGA.COM

August Special!

Sanctuary Wellness Package

\$129 (save \$50)

(1 Month Unlimited Yoga & a 1 Hour Massage)

Use Code "Wellness" if purchasing online!

Live Music Yoga!



High spirits, flowing energy, music full of heart.

Tim Catching plays for a Flow & Yin Vinyasa class.

August 2nd, 16th, & 30th

Master Class "Chair Series"

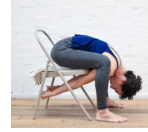
Led by **Rachael Sellars**



2 Classes remaining:

Aug 11th & 25th

Space is Limited so be sure to Reserve your spot



Sanctuary Wellness Package

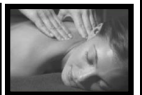
Combining Yoga & Massage for Total Wellness

Mind | Body | Spirit



1 Month Unlimited Yoga

1 Hour Massage



\$139 / Month
1 Year Contract

\$149 / Month
6 Month Contract

\$159 / Month
No Contract

Zach Rehder returns with Conscious Breathing for Healing & Awakening

Saturday, August 10th
2:30pm - 4:30pm



YOGAthletica's Shana Meyerson leads two incredible workshops!

"Things You Didn't Know You Didn't Know About Sun Salutations"

"Handstands for Beginners Who Are Afraid of Handstands"

Sept. 20th & 21st ~ 5:30pm

Shana Meyerson hosts Mini Yogis Kids Teacher Training

Saturday, Sept. 21st & Sunday, Sept. 22nd
12:00 - 5:00 pm



Become A Kids Yoga Teacher!

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 (3 month exp)	\$85
10 Class Package (3 month exp)	\$160
15 Class Package (6 month exp)	\$225
20 Class Package (6 month exp)	\$280

Meditation Classes	
Single Class	\$ 14
5 Class Package	\$ 60
10 Class Package	\$ 100
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 contract expiration to prevent auto-renewal
•	No Refunds/Exchanges
•	Refer to contract for additional terms/conditions