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MONDAY			
9:00-10:30 am	Wake Up & Flow	Mixed Levels	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	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
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			
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Nichol
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
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	Rachel P.
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 pm	Vinyasa Flow	Level 1/2	Mora
4:00-5:00 pm	Vinyasa Flow	Level 1/2	Nichol
5:30-6:45 pm	★ Vinyasa Flow	Mixed Levels	Mora
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	Noe
4:00-5:00 pm	★ Ashtanga Improv	Mixed Levels	Jen
6:00-7:15 pm	Live Music Yoga - Flow & Yin	All Levels	Kimberly
*****	Rebecca Sabine	Dec. 14th	Jaime
*****	George Henner	Dec. 21st	Jaime
*****	Ashley Wynn	Dec. 28th	Kimberly
SATURDAY			
8:30-10:00 am	Vinyasa Flow (SmartFLOW)	Mixed Levels	Rachael
9:00-9:50 am	"Log Off" Guided Meditation	All Levels	Wendy
10:00-11:25 am	Vinyasa Flow	All Levels	Eliza
10:15-11:25 am	Yoga Basics	Level 1	Amanda
11:30-12:45pm	Power Flow	Mixed 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
11:00-12:15 pm	Zen Zone Yoga	All Levels	Lucrezia
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	
CLASS DESCRIPTIONS CAN BE FOUND ONLINE AT: WWW.LASVEGASYOGA.COM			

Live Music Yoga!



George Henner
December 21st



Rebecca Sabine
December 14th



Ashley Wynn
December 28th

Cultivate Self-care & Happiness with Christine Frazzitta!



GRATITUDE

A special holiday workshop!
Sat, December 15th
1:30pm - 3:30pm

David Romero & Frank Capwell Return to Yoga Sanctuary!

Saturday, Jan 5
2:30pm - 4:30pm
Sunday, Jan 6
1:30pm - 3:30pm



Sanctuary Wellness Package

Combining Yoga & Massage for Total Wellness

Mind | Body | Spirit



1 Month Unlimited Yoga



1 Hour Massage*

\$129 / Month
1 Year Contract

\$149 / Month
6 Month Contract

\$169 / Month
1 Month Contract

* Massage credits must be used within 30 days of issuance
* Cannot be rolled over/exchanged

Specials!

- 5% off: 5 class package
- 10% off: 10 class package
- 15% off: 15 class package
- 20% off: 20 class package



Table Tai Yoga Massage Training

Sat. February 9th & Sun. February 10th
12pm - 8pm
Led by Heath & Nicole Reed

200 Hour SmartFLOW Yoga Teacher Training



Feb - May 2019

Pick up a postcard for info.

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
- \$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