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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
4:00-5:15 pm	Dharma Yoga	All Levels	Raffi
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.
6:45-8:00 pm	Lunar Flow with Yoga Nidra*	All Levels	Jaime
*Starts February 13th			
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 am	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
11:00-12:15 pm	Dharma Yoga	All Levels	Raffi
4:00-5:00 pm	★ Ashtanga Improv	Mixed Levels	Jen
6:00-7:15 pm	Live Music Yoga / Flow & Yin	All Levels	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
11:30-12:45 pm	★ Slow Flow Yoga	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
11:00-12:30 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

Live Music Yoga!



Rebecca Sabine
February 1st

Martin St. Pierre
February 8th



George Henner
February 15th



Tim Catching
February 22nd

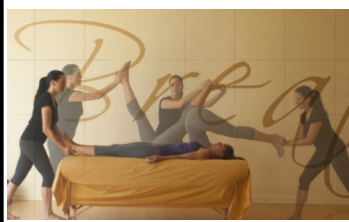


Table Tai Yoga Massage Training

Sat. February 9th &
Sun. February 10th
12pm - 8pm

Led by Heath & Nicole Reed

200 Hour SmartFLOW Yoga Teacher Training



Feb - May 2019

Register at:
www.lasvegasyoga.com
Pick up a postcard for info

Sanctuary Wellness Package

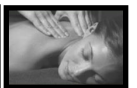
Combining Yoga
& Massage for
Total Wellness

Mind | Body | Spirit



1 Month
Unlimited Yoga

1 Hour
Massage*



\$139 / Month
1 Year Contract

\$149 / Month
6 Month Contract

\$159 / Month
No Contract

Valentines Special!

15 % Off
Any Gift Card
Purchase

Weekend of Yoga with Tim Senesi



Friday, May 17th -
Sunday, May 19th

Pick up a flyer for more info

David Romero & Frank Capwell

Saturday, June 22nd
& Sunday, June 23rd
Grab a flyer for times/pricing



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