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<b>MONDAY</b>			
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Kim * Sub - Mora
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.
<b>TUESDAY</b>			
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
10:30-12:00 pm	Ashtanga Vinyasa	Level 2	Shawn H.
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.
<b>WEDNESDAY</b>			
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.
<b>THURSDAY</b>			
7:30-8:30 am	"Yoga & Beyond"	Mixed Levels	Angie W.
9:00-10:15 am	Wake Up & Flow	All Levels	Nichol
10:30-12:00 pm	Ashtanga Vinyasa	Level 2	Shawn H.
4:00-5:00 pm	Vinyasa Flow	Level 1/2	Nichol
5:25-6:40 pm ★	Vinyasa Flow	All Levels	Janessa
6:00-7:00 pm	Yin Yoga	All Levels	Lauren
6:45-7:30 pm	"Log Off" Meditation / Stress Relief	All Levels	Janessa
<b>FRIDAY</b>			
9:00-10:15 am	Gentle Flow (SmartFLOW)	All Levels	Rachael
10:00-11:30 am	Vinyasa Flow	Level 1/2	Kim
4:00-5:00 pm ★	Ashtanga Improv	Mixed Levels	Jen
6:00-7:15 pm	Live Music Yoga - Flow & Yin	All Levels	Kim
*****	Live Music w/ Daniel Land	July 6th	
*****	Live Music w/ Rebecca Sabine	July 13th	
*****	Live Music w/ Tim Catching	July 20th	
*****	Live Music w/ Martin St. Pierre	July 27th	
<b>SATURDAY</b>			
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
11:30-1:00 pm ★	Power Flow	Mixed Levels	Shawn H.
1:00-2:15 pm	Vinyasa Flow	All Levels	Angela A.
<b>SUNDAY</b>			
9:00-9:50 am	"Log Off" Mindfulness Meditation	All Levels	Kim * Sub - Jaime
10:00-11:30 am	Sunday Soul Yoga	Level 1/2	Kim * Sub - 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!

Daniel Land  
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July 6th



Rebecca Sabine  
~~~~~  
July 13th

Tim Catching  
~~~~~  
July 20th



Martin St. Pierre  
~~~~~  
July 27th

## The Heart Practice

Mindfulness Meditation Training



### Mindfulness Meditation Training with Kim Meoli

Saturday, July 21st  
12:30 - 8:30 p.m.  
Led by: Kim Meoli

### Zach Rehder leads Conscious Breathing for Healing & Awakening



Sunday, August 19th  
1:30pm - 3:30pm

## New! 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!

\$20 Off  
15 Class Package

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\$30 Off  
20 Class Package

### K.I.S.S.



Keep It Soul Simple

"Settle down and appreciate the simple parts of your practice!"

Sunday, August 26th  
1:30 - 3:30 p.m.

Led by  
Lucrezia Nelson &  
Susan Goecke

### Shana Meyerson hosts Mini Yogis Kids Teacher Training

Saturday, Sept. 22nd  
& Sunday, Sept. 23rd  
1:30pm - 6:30 pm



## 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

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Facebook/Instagram/Twitter: [yogasanctuarylv](https://www.facebook.com/yogasanctuarylv)