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MONDAY			
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Kim
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
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.
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
10:30-12:00 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
FRIDAY			
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	Flow & Yin with Live Gong	All Levels	Kim
*****	Live Music w/ Daniel Land	June 1st	
*****	Live Music w/ Rebecca Sabine	June 15th	
*****	Live Music w/ Tim Catching	June 22nd	
*****	Live Music w/ Martin St. Pierre	June 29th	
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
11:30-1:00 pm ★	Power Flow	Mixed Levels	Shawn H.
1:00-2:15 pm	Vinyasa Flow	All Levels	Angela A.
SUNDAY			
9:00-9:50 am	"Log Off" Mindfulness Meditation	All Levels	Kim
10:00-11:30 am	Sunday Soul Yoga	Level 1/2	Kim
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

June 1st



Rebecca Sabine

June 15th

Tim Catching

June 22nd



Martin St. Pierre

June 29th

David Romero
& Frank Capwell
"Vibrational Healing"
June 2nd & 3rd
1:30 - 3:30 p.m.



"Align the Body
Into Better Health"
With Joan Hyman



Saturday, June 23rd
12:00 - 2:30 p.m.
&
3:30 - 5:30 p.m.

New! Sanctuary Wellness Package

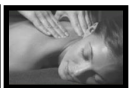
Combining Yoga
& Massage for
Total Wellness

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!

**\$10 off : 60 minute
massage***

**\$20 off : a 90 minute
massage***

*Valid for Yoga Sanctuary
package members

The Heart Practice

Mindfulness Meditation Training



**Mindfulness
Meditation Training
with Kim Meoli**

Saturday, July 21st &
Sunday, July 22nd
1:30 - 5:30 p.m.

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

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)