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<b>MONDAY</b>			
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.
<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
5:30-6:45 pm	★ Vinyasa Flow	All Levels	Mora
6:00-7:00 pm	Yin Yoga	All Levels	Lauren
<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/ Dan Land	Sept 7th	
*****	Live Music w/ Rebecca Sabine	Sept 14th	
*****	Live Music w/ Tim Catching	Sept 21st	
*****	Live Music w/ Martin St-Pierre	Sept 28th	
<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 Vibes	All Levels	Russell
<b>SUNDAY</b>			
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		<b>CLASS SCHEDULE &amp; TEACHERS SUBJECT TO CHANGE</b>	
CLASS DESCRIPTIONS CAN BE FOUND ONLINE AT: <a href="http://WWW.LASVEGASYOGA.COM">WWW.LASVEGASYOGA.COM</a>			

## Live Music Yoga!

Dan Land



Rebecca Sabine

Tim Catching



Martin St-Pierre

## Shana Meyerson hosts Mini Yogis Kids Teacher Training

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



## Tai Table Yoga Massage Training



Led by Heath and Nicole Reed  
Sat, Oct. 13th &  
Sun. Oct. 14th  
12pm - 8pm

## Sanctuary Wellness Package

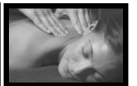
Combining Yoga & Massage for Total Wellness

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 Pckg

\$10 Off - 10 Class Pckg

\$15 Off - 15 Class Pckg

\$20 Off - 20 Class Pckg



Join world renowned Kino MacGregor for a weekend of creative and playful approaches to expand your yoga practice!

November 9th - 11th

Pick up a flyer for more details!

## Annie Carpenter



November 30th -  
December 2nd  
Four incredible workshops +  
A Teachers Class  
Grab a flyer for more details

## 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

Yoga Sanctuary  
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(702) 240-7666

Website: [www.lasvegasyoga.com](http://www.lasvegasyoga.com)  
Facebook/Instagram/Twitter: [yogasanctuarylv](https://www.instagram.com/yogasanctuarylv)