



YOGA SANCTUARY

LAS VEGAS' PREMIER STUDIO FOR YOGA & MEDITATION

OCTOBER 2017 HIGHLIGHTS

• Knead To De-stress Massage at Yoga Sanctuary!

Exciting News! One of Vegas' top places for therapeutic massage is offering treatments at Yoga Sanctuary. Knead To De-stress, created by licensed massage therapist (and yogi) Jessie Jones, offers expert Swedish, Deep Tissue and Sports Massage tailored to your individual needs.

• Kim Meoli leads "The Freedom Practice" Nov. 4-5th

Get ready for Mindfulness Meditation Training Level 3. Learn to meditate deeply or share meditation with others. 8-Hour Course led by Kim Meoli.

• Live Music Yoga Classes: Fri. Oct. 6 & 13 at 6:30pm

Awesome guest musicians at Kim Meoli's Live Music Yoga! Gifted Tim Catching performs on Oct. 6. Martin St. Pierre (Cirque Musical Dir. & electric violinist) on Oct. 13. Attend for FREE with most studio packages!

• Community Classes now Offered!

Announcing Donation only Classes! Join Andre Wade Every Friday at Noon for a fun Vinyasa Flow. Membership is not required and All Levels are welcome! Bring a friend and enjoy the benefits of Yoga!

• 4pm Classes Added!

We Now have 4pm Classes 6 days a week! Enjoy an afternoon delight Sunday through Friday.

• Shawn Hughes Returns to Yoga Sanctuary!

With over 30 years of diverse teaching Experience Shawn is a certified Ashtanga Vinyasa Teacher. He teaches locally for Cirque Du Soleil and more! Check out Shawn's Vinyasa classes Fri 5:25pm & Sat. 11:30am or Ashtanga classes Tues & Thurs 10:30am.

• Patrick Beach leads weekend of Yoga Workshops Dec. 1-3!

Friday Dec 1: Get Hip to Handstands. Saturday Dec 2: Back bending with ease. Sunday: Awakening Yoga.

• We added more Ashtanga!!!

You wanted more Ashtanga? You got it! Join Shawn Hughes every Tuesday And Thursday at 10:30am.

• David Romero & Frank Capwell lead Sound Bath Meditation!

Journey into Sound Healing. Sat. Oct. 7th and Sun. Oct 8th David Romero provides a journey through sound accompanied with a guided meditation by Frank Capwell.

• First Class FREE! For Yogis New to Yoga Sanctuary!

Attend first time for free!

• \$12 Drop-in Fee at Selected Yoga Classes

"★" classes on schedule

MONDAY

9:00-10:30 am	Wake Up & Flow! (SmartFLOW) Mixed Levels	Emily
10:00-11:30 am	Level 1&2	Sherry
4:00-5:15 pm	Rocket Series All Levels	★ Dylan
5:30-6:30 pm	Candlelight Soul Flow All Levels	Robin
5:30-6:45 pm	Yoga & Aromatherapy Basics/Level 1	Christine
6:35-7:45 pm	Vinyasa Flow All Levels	Angela A.
7:00-8:00 pm	Aromatherapy Restorative New Class!	Christine

TUESDAY

7:30-8:30 am	"Yoga & Beyond" Mixed Levels	Angie W.
9:00-10:15 am	Yoga Basics/Level 1 (SmartFLOW)	Angela A.
10:00-11:30 am	Vinyasa Flow Mixed Levels	Eliza
10:30am-12pm	Ashtanga Vinyasa New Class!	Shawn H.
4:00-5:15 pm	Vinyasa Flow All levels	★ Beya
5:25-6:40 pm	Vinyasa Flow Mixed Levels	Eliza
5:30-6:45 pm	Restorative Relax Deeply All Levels	★ Rachael
6:45-8:00 pm	Candlelight Yoga & Meditation	Kim
6:50-7:50 pm	Beginner Yoga Basics/Level 1	Melissa

WEDNESDAY

9:00-10:30 am	Wake Up & Flow! Mixed Levels	Kim
10:00-11:30 am	Level 1&2	Sherry
4:00-5:15 pm	Power Flow Level 2	Rachael
5:30-6:30 pm	Yoga for Stress Relief Basics/Level 1	Robin
5:30-6:40 pm	Vinyasa Flow Mixed Levels	★ Nicki
6:45-7:45 pm	Restorative with Live Gong New Class!	Melissa

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 Mixed Levels	Chenee
10:30am-12pm	Ashtanga Vinyasa New Class!	Shawn H.
4:00-5:00 pm	Vinyasa Flow All Levels	★ Nicki
5:25-6:40 pm	Restorative Relax Deeply All Levels	Angela A.
5:25-6:40 pm	Vinyasa Flow All Levels	Kim
6:45-7:30 pm	"Log Off" Meditation/Stress Relief	Kim

FRIDAY

9:00-10:00 am	Gentle Flow (SmartFLOW) All Levels	Rachael
10:00-11:30 am	Level 1&2	Kim
12:00-1:15pm	Vinyasa Flow ** New Donation Only Class!	★ STAFF
4:00-5:00pm	Vinyasa Flow All Levels	Nicki
5:25-6:25 pm	Vinyasa Flow Mixed Levels New Teacher!	Shawn H
6:30-7:45 pm	Flow & Yin with Live Gong	Kim
6:30-7:45 pm	Live Music Yoga/Tim Catching - Oct 6	Special Event!
6:30-7:45 pm	Live Music Yoga/Martin St. Pierre - Oct 13	Special Event!

SATURDAY

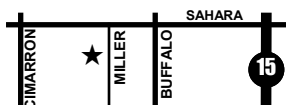
8:30-10:00 am	SmartFLOW Yoga Mixed Levels	Rachael
9:00-9:50 am	"Log Off" Guided Meditation Class	Kim
10:00-11:25 am	Vinyasa Flow All Levels	Eliza
10:15-11:25 am	Yoga Basics/Level 1	Amanda
11:30-1:00 pm	Power Flow Mixed Levels New Teacher!	Shawn H.
1:00-2:15 pm	Vinyasa Flow All Levels	Angela A.

SUNDAY

9:00-9:50 am	"Log Off" Mindfulness Meditation Class	Kim
10:00-11:30 am	Sunday Soul Yoga Level 1&2	Kim
10:15-11:30 am	Yoga & Aromatherapy All Levels	Tiffany B
11:35-1:00 pm	"Vinyasa Vibes" - Special Music Playlists	Russell
11:35-12:45 pm	Zen Zone Yoga All Levels	Lucrezia
1:00-2:00 pm	Beginner Yoga Basics/Level 1	Cheyenne
3:00-4:00 pm	Restorative Relax Deeply	★ Angela
4:00-5:15 pm	Vinyasa Flow All Levels	Nicki

YOGA SANCTUARY

7915 W. Sahara #101, Las Vegas, NV 89117



WEBSITE: lasvegasyoga.com FACEBOOK: [YogaSanctuaryLV](https://www.facebook.com/YogaSanctuaryLV)
INSTAGRAM: [yogasansctuarylv](https://www.instagram.com/yogasansctuarylv)

CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE

CLASS DESCRIPTIONS

- YOGA BASICS** - A great way for new students to get acquainted with yoga. Intro class is also for those with experience who want a more solid foundation in yoga. Learn basic poses in a slow-paced supportive setting with lots of individual attention from the teacher.
- LEVEL I YOGA** - These classes are for the beginning yoga student. Learn the correct form, alignment and benefits of those poses that provide the foundation of a solid yoga practice. Tone your body, develop flexibility and combat stress, anxiety, fatigue and insomnia.
- LEVEL I&2 YOGA** - Recommended for the continuing beginner student and intermediate students. Pace is quicker and more challenging poses are introduced. This class is suitable for people who feel comfortable in Level I and are looking for greater strength, stamina and flexibility.
- ALL LEVELS** - Classes are open to all levels, from beginner to advanced.
- CANDLELIGHT YOGA** - Indulge in the ultimate yoga experience. Come to our famous Candlelight Yoga classes where our rooms are lit by soft, relaxing candlelight. The candles and music soothe the soul and the senses as you flow through various yoga moves.
- FLOW/VINYASA** - Develop strength and endurance by merging breath and movement with an uninterrupted flow of postures. Often includes a creative music mix. Power Flow classes including more challenging postures.
- VINYASA VIBES** - One of the most creative yoga classes ANYWHERE! A dynamic combo of poses to exhilarate the body and mind. Add progressive, exciting music mixes and you're on a journey to pure joy.
- SMARTFLOW YOGA** - An inventive, slower paced, flow class that blends playfulness and a skillful practice. The heart of SmartFLOW is creative and intelligent sequencing that takes the body and mind on a dynamic journey of inquiry and empowerment.
- ASHTANGA VINYASA** - Build stamina, flexibility and mental focus at this flow class rooted in the classical Ashtanga yoga style. With deep attention to the breath, move through a special yoga sequence of postures to increase strength and still the mind.
- YIN YOGA** - Reduce stress and increase flexibility through deep, long-held floor poses in this calming class.
- RESTORATIVE YOGA** - Melt away physical and emotional tension and relax deeply with restorative yoga poses and various yoga props..
- YOGA & BEYOND** - Tone, build endurance, at this unique energizing class. Combines yoga on the mat, chair yoga and yoga with exercise props.
- "LOG OFF" MEDITATION** - Reduce stress with traditional meditation techniques and new approaches to bring stillness and inner peace.
- "ZEN ZONE" YOGA** - Get centered, refresh the soul and increase energy at these inspired yoga classes for the mind and body. Elevate your spirit by incorporating ancient wisdom along with a physical practice.
- YOGA FOR STRESS RELIEF** Relax your body and soul at these classes for all levels. Integrates yoga poses, breathing exercises, relaxation and meditation techniques to create a positive and peaceful state of mind.
- LIVE MUSIC YOGA** - Get inspired at our special Live Music Yoga classes. Talented guest musician accompanies the class and creates a powerful body-mind experience unlike any yoga class you've ever taken.
- YOGA & AROMATHERAPY** - Sample different essential oils as you practice yoga, breathing and meditation for total well-being.
- PRIVATE YOGA & REIKI SESSIONS** - We also provide private classes (on and off premise) for individuals...tailored to special needs. Great for beginners or those looking to expand their physical or spiritual practice. Call for more information and to schedule sessions.

PRICES

VISA/MASTERCARD/DISCOVER/AMERICAN EXPRESS ACCEPTED

ADULTS	\$
Single Yoga Class	18*
Yoga Class with Live Music	20
5 Class Package (60-day exp)	85 \$17/class
10 Class Package (60-day exp)	160 \$16/class
15 Class Package (90-day exp)	225 \$15/class
20 Class Package (90-day exp)	280 \$14/class
1 Month Unlimited Package	125
6 Month Unlimited Package.....	539
6 Month "Yoga Buddies"	439
6 Month "Yoga Buddies" (auto-pay plan).....	79 monthly
1 Year Unlimited Package	899
1 Year Unlimited Package (auto-pay plan).....	89 monthly

*Local yoga/fitness teacher single class "cash" price 14

"MEDITATION CLASSES ONLY"

Single Meditation Class	14
5 Class Meditation Package (60-day limit)	60 \$12/class

"OCTOBER SPECIALS"

5 Class Package (60-day exp).....	75
All Yoga Sanctuary Clothing.....	20% Off

PLEASE NOTE: Regular class packages may also be used for meditation classes. However, "Meditation Class Packages" are limited to meditation classes only. All classes, class packages, events, workshops, gift certificates, events and gift shop purchases are non-refundable. No refunds, credits or extensions will be issued for unused classes if your class package expires or for class schedule changes.

20% OFF FOR FULL-TIME STUDENTS

Local HighSchool/College students only. Must present valid school I.D. or copy of class schedule when purchasing classes.

KIDS (ages 8-12)

Single Class	12
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RENTAL

yoga mat rental	2
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(FREE mat rental with class packages)

PRIVATE SESSIONS

Yoga

75 minutes	125 & up*
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*Sign up for 3 or more Private sessions get 10% off!

Reiki

30 minutes.....	39
40 minutes.....	65
60 minutes.....	95

Massage

60 minutes.....	70
90 minutes.....	100
120 minutes.....	130

*Buy 5 Massages, get one Free!

FREE CLASS! FOR 1st TIME YOGIS!

20% OFF any package for 1st Time Yogis
Must be purchased before or after your first class.

✓ 10% off any yoga mat in our retail store.