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<b>MONDAY</b>			
8:45 - 10:00 am	Wake Up & Flow	Level 1/2	Jaime
10:15 - 11:30 am	Vinyasa Flow	Level 1/2	Sherry
3:30 - 5:00 pm	Mysore (Ashtanga)	All Levels	Self-led
5:30 - 6:45 pm	Candlelight Soul Flow	All Levels	Noé
7:00 - 8:15 pm ★	Yoga Basics	Basics	Noé
<b>TUESDAY</b>			
7:30 - 8:30 am	"Yoga & Beyond"	Level 1/2	Angie W.
8:45 - 10:00 am	Yoga Basics (SmartFLOW)	Basics	Rachael
10:15 - 11:30 am	Vinyasa Flow	All Levels	Eliza
5:30 - 6:45 pm	Restorative Relax Deeply	All Levels	Angela A.
7:00 - 8:15 pm ★	Yoga Basics	Basics	Angela A.
<b>WEDNESDAY</b>			
8:45 - 10:15 am	Wake Up & Flow	Level 1/2	Noé
10:15 - 11:30 am	Vinyasa Flow	Level 1/2	Sherry
3:30 - 5:00 pm	Mysore (Ashtanga)	All Levels	Self-led
5:30 - 6:45 pm ★	Vinyasa Flow	Level 1/2	Kelly
7:00 - 8:15 pm	Yoga Basics for Stress Relief	Basics	Rachel P.
<b>THURSDAY</b>			
7:30 - 8:30 am	"Yoga & Beyond"	Level 1/2	Angie W.
8:45 - 10:00 am	Wake Up & Flow	Level 1/2	Kim M.
10:15 - 11:30 am	Vinyasa Flow	All Levels	Joshua
5:30 - 6:45 pm	Vinyasa Flow	Level 1/2	Rachel P.
7:00 - 8:15 pm	Yin Yoga	All Levels	Noé
<b>FRIDAY</b>			
8:45 - 10:00 am	Gentle Flow (SmartFLOW)	All Levels	Rachael
10:15 - 11:30 am	Vinyasa Flow	Level 1/2	Joshua
6:00 - 7:15 pm	Live Music Yoga / Flow & Yin	All Levels	Noé
<b>SATURDAY</b>			
8:30 - 9:45 am	Vinyasa Flow (SmartFLOW)	Level 2	Rachael
10:00 - 11:15 am ★	Yoga Basics	Basics	Amanda
11:30 - 12:45 pm	Vinyasa Flow	Level 1/2	Eliza
1:00 - 2:15 pm	Vinyasa Vibes	All Levels	Russell
<b>SUNDAY</b>			
9:00 - 9:50 am	"Log Off" Mindfulness Meditation	All Levels	Jaime
10:00 - 11:15 am	Sunday Soul Yoga	All Levels	Jaime
11:30 - 12:45 pm	Zen Zone Yoga	All Levels	Lucrezia
1:00 - 2:15 pm ★	Vinyasa Flow	Level 1/2	Joshua
2:30 - 3:45 pm	Restorative Relax Deeply	All Levels	Angela A.
★ \$12 Drop-In Classes		CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE	

**Live Music Yoga!**



High spirits, flowing energy, music full of heart.

**Tim Catching** plays for a Flow & Yin Vinyasa class.

February 12th & 26th



**Zoom Membership**

**\$49 / Month**

Access to all Live & Recorded Zoom classes.

\*Please check in with front desk for more details and restrictions.


**February Special!**

10% off any Unlimited Package Paid in Full\*

\*Excludes 1 Month Unlimited  
\*Limit 1 per student

Use Discount Code: **10off** when purchasing online

**Restorative Yoga with Zen Body Waves & Angela Albuquerque**



Tuesday, February 23rd  
5:30 - 7:00 p.m.

**A Journey Through the Chakras**  
With Joshua Berg



Saturday, February 13th, 2021  
2:30pm - 4:30pm

For information and registration, visit our website!


David Romero returns to Yoga Sanctuary!



**Saturday, March 6th - 2:30p**  
*Yoga For Chronic Back Pain*

**Sunday, March 7th - 4:30p**  
*Intention Setting Sound Bath*

**Intro to Handstand Fundamentals**  
With Noe Hilyard and Brennan Atstatt!



Saturday, April 10th  
2:30 - 4:30 p.m.

## 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 contact expiration to prevent auto-renewal
  - No Refunds/Exchanges
  - Refer to contract for additional terms/conditions