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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.

January 1st, 15th, and 29th



## Zoom Membership

**\$49 / Month**

Access to all Live & Recorded Zoom classes.

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

## January Special!

**\$30 off the  
3 Months  
Unlimited\***

\*Must be paid in full

Use Discount Code:

**3Month**

when purchasing online

## Bringing The Kleshas To The Mat



Led by  
Rachel Polednak

Saturday, January 23<sup>rd</sup>  
2:30 - 4:30p

For information and registration,  
visit our website!

## Restorative Yoga with Zen Body Waves & Angela Albuquerque



Tuesday, January 26th  
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*

## PRICING OPTIONS

| Single Yoga Classes        |       | Yoga Class Packages            |       | Meditation Classes                 |        |
|----------------------------|-------|--------------------------------|-------|------------------------------------|--------|
| Adult                      | \$ 18 | 5 Class Package (3 month exp)  | \$85  | Single Class                       | \$ 14  |
| Child (8-12)               | \$ 12 | 10 Class Package (3 month exp) | \$160 | 5 Class Package                    | \$ 60  |
| Local Yoga/Fitness Teacher | \$ 14 | 15 Class Package (6 month exp) | \$225 | 10 Class Package                   | \$ 100 |
| Live Music Class           | \$ 20 | 20 Class Package (6 month exp) | \$280 | 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