

C  
L  
A  
S  
S  
S  
S  
C  
I  
F  
E  
D  
K  
L  
E

Z  
O  
V  
E  
E  
M  
B  
E  
R  
R  
O  
O  
O  
O

<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.

November 13th & 27th



## Zoom Membership

**\$49 / Month**

Access to all Live & Recorded Zoom classes.

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

## Holiday Hours

### Thanksgiving

Closed

### Christmas Eve

No Evening Classes

### Christmas Day

Closed

### New Year's Eve

No Evening Classes

## November Special!

\$20 Off  
15 Class Packages

\$30 Off  
20 Class Packages

Use Code "20Off" or "30Off" when buying online!

## Jaime Peterson leads Creating Freedom Within!

Join us on  
Saturday, November 14th  
2:30 pm ~ 4:30 pm



For information and registration, visit our website!

## The 'Take Back The Night Foundation' brings Shine Your Light Yoga!



This is a *Donation Based* class with all proceeds donated to support trauma and violence survivors.

Saturday, December 12th  
10 am ~ 11:15 am

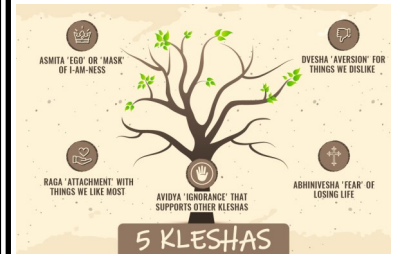
## David Romero returns to Yoga Sanctuary!



**Saturday, January 2nd - 2:30p**  
*Yoga For Chronic Back Pain*

**Sunday, January 3rd - 4:30p**  
*Intention Setting Sound Bath*

## Bringing The Kleshas To The Mat



Led by  
Rachel Polednak

Saturday, January 23rd  
2:30 ~ 4:30p

## 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