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MONDAY			
8:45 - 10:00 am	Vinyasa Flow	Level 1-2	Kelsey
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	Andréa
6:00 - 7:30 pm	Iyengar	Level 2	Rachel P.
7:00 - 8:15 pm ★	Yoga Basics	Basics	Autumn
TUESDAY			
7:30 - 8:30 am	Yoga & Beyond	Level 1-2	Angie W.
8:45 - 10:00 am	Yoga Basics (SmartFLOW)	Basics	Rachael
9:30 - 10:45 am	Iyengar	Level 1	Nathalie
10:15 - 11:30 am	Vinyasa Flow	All Levels	Eliza
5:30 - 6:45 pm	Restorative Relax Deeply	All Levels	Angela A.
6:00 - 7:15 pm	Vinyasa Flow	Level 2	Danie J.
7:00 - 8:15 pm ★	Flow & Restore	All Levels	Autumn
WEDNESDAY			
7:30 - 8:30 am	Yogalates	Level 1-2	Danie
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	Yin Yoga	All Levels	Jessica
THURSDAY			
7:30 - 8:30 am	Yoga & Beyond	Level 1-2	Angie W.
8:45 - 10:00 am	Wake Up & Flow	Level 1-2	Kelsey
9:30 - 11:00 am	Iyengar	Level 2	Nathalie
10:15 - 11:30 am	Vinyasa Flow	Level 1-2	Joshua
5:30 - 6:45 pm	Vinyasa Flow	All Levels	Leslie
6:00 - 7:15 pm ★	Vinyasa Flow	Level 2	Andréa
7:00 - 8:15 pm	Gentle Yoga with Yoga Nidra	All Levels	Jaime
FRIDAY			
7:30 - 8:30 am	Yogalates	Level 1-2	Danie
8:45 - 10:00 am	Gentle Flow (SmartFLOW)	All Levels	Rachael
10:15 - 11:30 am	Vinyasa Flow	Level 1-2	Lauren Rae
6:00 - 7:15 pm	Flow & Yin W/ Gong	All Levels	Noé
***	Live Music Yoga - Bi-Weekly	All Levels	Noé
SATURDAY			
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
SUNDAY			
9:00 - 9:45 am	"Log Off" Mindfulness Meditation	All Levels	Turiya
10:00 - 11:15 am	Sunday Soul Yoga	Level 1-2	Turiya
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.

★ \$15 Drop-In Classes

CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE

Live Music Yoga!



The stylings of Tim Catching while being guided through a Flow & Yin Vinyasa class.

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April 12th & 26th, 2024

**New Student Special**

**2 Weeks Unlimited Yoga \$39**

**\*\* Nevada Locals only with Identification**

**EVERYTHING IS BETTER WITH A FRIEND**




**"YOGA BUDDIES"**

Get 6 Months Of Unlimited Classes At A Great Savings When You And A Friend Sign Up For Our Yoga Buddies Plan

**6 Months Unlimited Yoga Buddies**

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

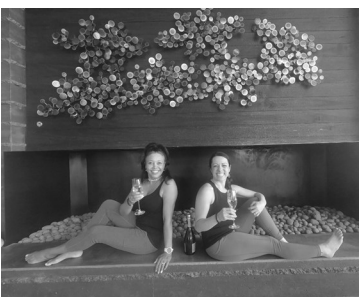
**Earth Day with Yoga Sanctuary**



Join Yoga Sanctuary in helping make our world a happier, cleaner place this Earth Day by doing simple tasks to clean our environment!

[earthday.org](http://earthday.org)

**Bolsters and Bubbly**



**Saturday, April 6th**  
3:00 - 5:00 pm

**Intro to Handstand: Two-Part Series**



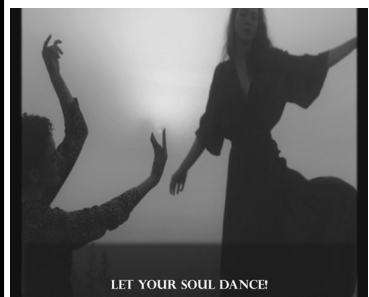
**Saturday, April 13th**  
3:00 ~ 5:00 pm  
**Saturday, April 20th**  
3:00 ~ 5:00 pm

**Sound Bath**



**Saturday, April 27th**  
3:30 - 4:30 pm

**Soul Dance Movement Meditation**



**Saturday, May 11th**  
4:00 - 6:00 pm

## PRICING OPTIONS

|                                    |       |
|------------------------------------|-------|
| Single Yoga Class                  | \$ 20 |
| Single Zoom Class                  | \$ 15 |
| Single Meditation Class            | \$ 15 |
| Child / Student / Local Instructor | \$15  |
| Live Music Class                   | \$ 22 |

|                                 |                |
|---------------------------------|----------------|
| 10 Class Package ( 90 Day Exp ) | \$ 180         |
| 1 Month Unlimited               | \$ 129         |
| 6 Months Unlimited Auto-Pay     | \$ 109 / month |
| 6 Months "Yoga Buddies"         | \$ 99 / month  |
| 1 Year Unlimited                | \$1099         |

### Sanctuary Wellness Package

|                        |                |        |
|------------------------|----------------|--------|
| 1 Month Unlimited Yoga | 1 Hour Massage | \$ 189 |
|------------------------|----------------|--------|