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MONDAY			
	8:45 - 10:00 am	Wake Up & 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
📺	7:00 - 8:15 pm ★	Yoga Basics	Basics Andréa
TUESDAY			
	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.
WEDNESDAY			
📺	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
	10:15 - 11:30 am	Vinyasa Flow	Level 1-2 Joshua
📺	5:30 - 6:45 pm	Vinyasa Flow	Level 2 Rachel P.
	7:00 - 8:15 pm ★	Gentle Yoga with Yoga Nidra	All Levels Jaime
FRIDAY			
	8:45 - 10:00 am	Gentle Flow (SmartFLOW)	All Levels Rachael
📺	10:15 - 11:30 am	Vinyasa Flow	Level 1-2 Kim M
	6:00 - 7:15 pm	Live Music Yoga / Flow & Yin	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 Jaime
📺	10:00 - 11:15 am	Sunday Soul Yoga	Level 1-2 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.

★ \$14 Drop-In Classes CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE
CLASS DESCRIPTIONS CAN BE FOUND ONLINE AT: WWW.LASVEGASYOGA.COM

Live Music Yoga!



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

March 3rd & 24th, 2023

New Student Special

2 Weeks
Unlimited Yoga
\$39

**Nevada Locals only
with Identification

March Special!



5 & 10 class
Packages

10% off

Use code: *Mar23* online

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BETTER WITH A FRIEND



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



Kirtan Collective

A form of Bhakti Yoga with
call and response chanting.

Joel Belovin | Tim Catching
Ashley Wynn
& Others

Saturday, March 11th
5:00-7:00 pm

Sound Bath



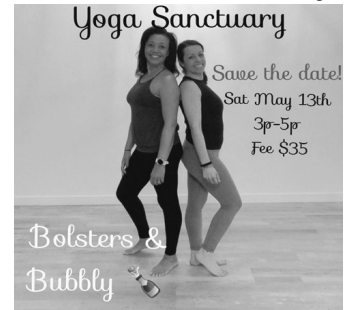
Saturday, March 25th
3:30- 4:30 pm

NSPCA: Puppy Yoga Donation Class



Sunday, April 16th
4:00- 5:00pm
In memory of Anne Gilbert

Bolsters & Bubbly Yoga Sanctuary



Restorative Yoga is an elixir
for the body and soul.
Plus an ice cold glass of
prosecco bubbly with social
time at the end of class!

PRICING OPTIONS

Single Yoga Classes	
Adult	\$ 20
Child (8-17)	\$ 14
Local Yoga/Fitness Teacher	\$ 15
Live Music Class	\$ 22

Yoga Class Packages	
5 Class Package (3 month exp)	\$90
10 Class Package (3 month exp)	\$170
15 Class Package (6 month exp)	\$240
20 Class Package (6 month exp)	\$300

Meditation Class	
Single Class	\$15

Unlimited Yoga Packages		
	Monthly Auto-Pay*	Paid In Full
1 Month Unlimited	N/A	\$129
3 Month Unlimited	\$119 / month	\$329
6 Month Unlimited	\$109 / month	\$559
1 Year Unlimited	\$99 / month	\$999
6 Month "Yoga Buddies"	\$89 / month	N/A

Sanctuary Wellness Package		
1 Month Unlimited Yoga 1 - 60 Minute Massage		
\$159/Month	\$169/Month	\$179/Month
1 Year Contract	6 Month Contract	No Contract