


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

S
E
P
A
T
E
M
B
E
R
2
0
2
3

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
	7:00 - 8:15 pm ★	Yoga Basics	Basics Andréa
TUESDAY			
	7:30 - 8:30 am	Yogalates	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			
	7:15 - 8:15 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
	10:15 - 11:30 am	Vinyasa Flow	Level 1-2 Joshua
	5:30 - 6:45 pm ★	Vinyasa Flow	Level 2 Leslie
	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
	11:00 - 12:15 pm	Chair Yoga	All Levels Kevin
	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.

September 8th & 22nd, 2023

New Student Special

2 Weeks Unlimited Yoga \$39


**Nevada Locals only with Identification

New Class!



Chair Yoga Every Friday 11:00a - 12:15p

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.

Sound Bath



Saturday, September 9th 3:30 ~ 4:30 pm


Chakra Meditation w/Healing Energy



Saturday, September 16th 3:00 ~ 4:30 pm

CONSCIOUS BREATHING FOR *Healing and Awakening*


RELEASE THE PHYSICAL, MENTAL, EMOTIONAL & SPIRITUAL BLOCKAGES



Led by: **Zach Rehder**

Sunday, September 17th 2:30 ~ 4:30 pm

Soul Dance Movement Meditation



Saturday, October 7th 5:00 ~ 7:00 pm

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