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<u>MONDAY</u>			
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
<u>TUESDAY</u>			
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	★ Yoga Basics	Basics	Angela A.
<u>WEDNESDAY</u>			
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
<u>THURSDAY</u>			
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
<u>FRIDAY</u>			
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	Flow & Yin W/ Gong	All Levels	Noé
Live Music Yoga - Bi-Weekly			
<u>SATURDAY</u>			
🎧 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
<u>SUNDAY</u>			
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.
★ \$15 Drop-In Classes		CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE	

<p><i>Live Music Yoga!</i></p>  <p>The stylings of Tim Catching while being guided through a Flow & Yin Vinyasa class.</p> <p>February 2nd & 16th, 2024</p>	<p>New Student Special</p> <p>2 Weeks Unlimited Yoga</p> <p>\$39</p> <p><small>** Nevada Locals only with Identification</small></p>	<p><u>Zoom is Back!</u></p> <p>Due to high demand, we have decided to re-open a few select Zoom sessions!</p>  <p>See our full schedule for the available Zoom class dates & times.</p>	<p>Happy Valentine's Day!</p>  <p>We will remain open for all classes on February, 14th, 2024.</p>
<p><u>Sound Bath</u></p>  <p>Saturday, February 3rd, 3:30 - 4:30 pm</p>	<p><u>Chakra Meditation w/Healing Energy</u></p>  <p>Saturday, February 10th 3:00 ~ 4:30 pm</p>	<p><u>Yoga for Osteoporosis</u></p>  <p>Saturday, February 24th 3:00 ~ 5:00 pm</p>	<p>CONSCIOUS BREATHING FOR <i>Healing and Awakening</i></p>  <p>Sunday, March 10th 4:00 ~ 6:00 pm</p>

PRICING OPTIONS

Single Yoga Class	\$ 20	10 Class Package (90 Day Exp)	\$ 180
Meditation Class	\$ 15	1 Month Unlimited	\$ 129
Child / Student / Local Instructor	\$ 15	6 Months Unlimited Auto-Pay	\$ 109 / month
Live Music Class	\$ 22	6 Months "Yoga Buddies"	\$ 99 / month

Sanctuary Wellness Package

1 Month Unlimited Yoga	1 Hour Massage	\$ 189
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