

Weekly Class Schedule

MAY - JUNE 2022

714-617-4593 WWW.AWAKENSANCTUARY.COM

<i>sun</i>	No Classes, See Back Of Schedule For Events	
<i>mon</i>	6:30AM Morning Meditation (ONLINE)	Ajita
	10:15AM Awaken Vinyasa Flow (STUDIO)	Sylvia
<i>tues</i>	6:30AM Morning Meditation (ONLINE)	Ajita
	9:00AM Breath Centered ONLINE	Kathy
	6:00PM All Levels Yoga (STUDIO)	Tony
	7:30PM All Levels Yoga (STUDIO)	Tony
<i>weds</i>	6:30AM Morning Meditation (ONLINE)	Ajita
	9:00AM Breath Centered (ONLINE)	Ruth
	6:15PM Beginner Yoga (STUDIO)	Sylvia
<i>thu</i>	6:30AM Morning Meditation (ONLINE)	Ajita
	9:00AM Breath Centered (ONLINE)	Ruth
	6:15PM Beginner Yoga (STUDIO)	Sylvia
<i>fri</i>	6:30AM Morning Meditation (ONLINE)	Ajita
	6:30AM Sunrise (STUDIO)	Tony
	9:00AM Vini Yoga (ONLINE)	Ruth
<i>sat</i>	10:30AM Kundalini Yoga (ONLINE)	Carmen
	See Back Of Schedule For Events	

PRICES

- Single Class \$18
- 5 Class Pack \$80
- 10 Class Pack \$140
- 20 Class Pack \$240
- 2 Week Unlimited \$35 (local residents)
- Monthly Unlimiten \$140 (6 months min)
- Senior (65+) & Students 5% OFF



thesanctuarywellness center



thesanctuaryyoga



sanctuary wellness center & yoga studio

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Weekly Events Schedule
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Saturday, June 4th
Ayurvedic Khichadi Variations - Cooking
Lesson

Tuesday, June 21st
Transforming Disease and Challenges into
Health and Joy - Workshop

Saturday, July 23rd
The Therapeutics of Food: Transforming your
kitchen into a Pharmacy - Workshop

Tuesday July 26th
Discovering the Companion, Guide, &
Therapist Within - Breathwork Guide

YOG NIDRA ON SUNDAYS

See Online Schedules For Class Dates &
Times
RESERVATION REQUIRED!

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