

714.617.4593

# WEEKLY *Schedule*

505 W First St.  
Tustin, CA.

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Mon

6:30am - Somatic Morning Meditation

12:00pm - Beginner Yoga

9:00am - Vinyasa Flow

6:00pm - Vinyasa Flow

10:30am - Aerial Yoga

7:30pm - Grounding Sound Bath

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Tue

6:30am - Vinyasa Flow

12:30pm - All Levels Yoga

9:30am - Slow Flow + Restore

6:00pm - Somatic Yoga

7:30pm - Therapeutic Yoga

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Wed

6:30am - Heart Opening Vinyasa

12:00pm - Aerial Yoga

9:00am - Therapeutic Yoga

6:00pm - Beginner Yoga

10:30am - Vinyasa Flow

7:30pm - Candlelit Yoga

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Thurs

6:30am - Gentle Flow + Meditation

12:30pm - Vinyasa + Yin

9:30am - Power Vinyasa Flow

6:00pm - Beginner Yoga

7:30pm - Healing Hatha

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Fri

6:30 am - Sunrise Yoga

12:00pm - All Levels Yoga

9:00am - Hatha Yoga

4:30pm - Power Vinyasa Flow

10:30am - Power Vinyasa Flow

6:00pm - Couples Yoga

7:30pm - Candlelit Yoga

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Sat

8:30 am - Meditative Flow

12:30pm - Beginner Yoga

10:30am - Kundalini + Meditation

6pm - Reiki Circle (1x a month)

7pm - Full Moon Sound Bath (1x a month)

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Sun

Mornings - Workshops (Check Online For Details)

6:00pm - Restorative Yoga + Aromatherapy

UPDATED 2/2

# The Sanctuary Yoga Studio

505 W First St. Tustin, CA  
[www.awakensanctuary.com](http://www.awakensanctuary.com)

## **Wellness Memberships:**

Unlimited Yoga Membership: \$111

Unlimited Yoga + Massage: \$159

Unlimited Yoga, Massage, and Ayurveda: \$209

## **Class Packages:**

Single Class: \$20

5 Pack: \$90

10 Pack: \$170

20 Pack: \$320



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