

714.617.4593

WEEKLY *Schedule*

505 W First St.
Tustin, CA.

Mon

6:30am - Sunrise Yoga
9:00am - Vinyasa Flow
10:30am - Aerial Yoga
.

12:00pm - Beginner Yoga
4:30pm - Kundalini Yoga
6:00pm - Vinyasa Flow
7:30pm - Healing Sound Bath

Tue

6:30am - Vinyasa Flow
9:30am - Slow Flow + Restore
12:30pm - All Levels Yoga

4:30pm - Connected Yoga Flow
6:00pm - Vinyasa + Yin
7:30pm - Therapeutic Yoga

Wed

6:30am - Heart Opening Vinyasa
9:00am - Therapeutic Yoga
10:30am - Vinyasa Flow

12:00pm - Aerial Yoga
4:00pm - Aerial Yoga
6:00pm - Beginner Yoga
7:30pm - Candlelit Yoga

Thurs

6:30am - Gentle Flow + Meditation
9:30am - Mandala Yoga Flow
12:30pm - Vinyasa + Yin

4:30pm - Power Vinyasa Flow
6:00pm - Beginner Yoga
7:30pm - Heart Opening Vinyasa

Fri

6:30 am - Sunrise Yoga
9:00am - Hatha Yoga
10:30am - Vinyasa Flow
.

12:00pm - Deep Mind Relaxation
4:30pm - Vinyasa Flow
6:00pm - Sunset Yoga
7:30pm - Candlelit Yoga

Sat

8:30 am - Meditative Flow
10:30am - Kundalini + Meditation

12:30pm - Beginner Yoga
7pm - Full Moon Sound Bath (1x a month)

Sun

8:30am - Foundational Vinyasa Flow
Mornings - Workshops (Check Online For Details)
6:00pm - Restorative Yoga + Aromatherapy

UPDATED 4/4

The Sanctuary Yoga Studio

505 W First St. Tustin, CA
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



marina@awakensanctuary.com
714.617.4593