

# THE SANCTUARY

## YOGA SCHEDULE & MEMBERSHIP OPTIONS MAY 2013

### Mondays

12:15-1:15pm  
6:00pm-7:15pm  
7:30pm-8:30pm

Somatic Awakening /RyanV\*\*  
Power Flow Yoga /Kat  
Vin & Yin Yoga /Kat

### Tuesdays

7:30am-8:30am  
0:00 – 10:00am  
10:30am-11:30am  
5:30pm-6:45pm  
7:30pm-8:45pm

Pranayama & Meditation /Ajita  
Oceana Hula /Fe \*\*  
Yoga Flow In Japanese /Misa  
Restorative Yoga /Colleen  
Yoga For The Path /Ryan L.

### Wednesdays

10:30am-11:45am  
6:00pm-7:00pm  
7:30pm-8:45pm

Vinyasa Flow Yoga /Renee S  
Meditative Flow Yoga/Renee S  
Heat Flow Yoga/Natalie

### Thursdays

10:30am-11:45am  
5:30pm-6:45pm  
7:00pm-8:15pm

Chronic Yoga w /Renee D  
Restorative Yoga /Colleen  
Level I Yoga w /Tony\*\*

### Fridays

5:30pm-6:30pm  
6:30pm-7:30pm

Gentle Flow Yoga /Shauna  
Relaxation Yoga /Renee

### Saturdays

8:15am-9:15am  
9:30am-10:30am  
10:45am-12:00pm  
12:15pm-1:15pm

Qi Gong /Mukunda  
Yoga 101/Kat  
Vinyasa Flow /Kat  
Yoga Reiki /Natalie

### Sundays

9:30-10:30am  
10:45am-12:00pm  
12:00pm -1:00pm  
4:00pm-5:00pm  
5:45pm – 7:00pm

Mommy & Me Yoga /Safia\*\*  
Level I/II Yoga /Misa  
Kids Yoga /Kat\*\*  
BlissFlow Yoga /Ryan L.  
Yoga For The Path /Ryan L

\*\* New Classes - Check Online Schedule Or Call For Start Dates

### Membership Options:

Yoga - \$ 60  
• Monthly Unlimited Yoga (6 month min)

SPA - \$ 65  
• One massage per month

Intuitive - \$ 65  
• One Healing session per month

Yoga & Massage - \$ 110

Combine Yoga with a regular massage from our SPA to keep you physically fit, relaxed, balanced and clear.

• Monthly Unlimited Yoga  
• One Massage per month

Yoga + Ayurveda - \$ 110

This package includes one Ayurveda Consultation a month with specific guidelines on Diet, Herbs and Coaching to help fulfill your health goals.

• Ayurveda Consult  
• Monthly Unlimited Yoga

Total Wellness - \$ 175

Experience greater healing, deeper relaxation and inner transformation when you integrate the powerful techniques of Yoga, Meditation and Ayurveda.

This package will provide you with the best support to nourish and strengthen you physically, emotionally and spiritually.

• Monthly Unlimited Yoga  
• One Ayurveda Consultation  
• One Massage/Ayurvedic Body Therapy

### YOGA FEES:

\$15.00 – Single Class++

\$100.00 – 10 Class Pack++

\$ 30.00 – 2 Week Unlimited (NEW MEMBERS ONLY)

\$ 60.00 – Monthly Unlimited With Auto-Renew (6 month min)

\$ 95.00 – Monthly Unlimited WITHOUT Auto-Renew

\$60.00 - 5 Class Pack++

\$180.00 – 20 Class Pack++

++10% discount for Students & Seniors



Japanese  
kanji symbol  
"SOUL"  
read as "Ta-ma-shii"

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