



ELEVATE YOGA

New Students, \$ 16 for a week of Unlimited Yoga!
Plus, get **20% OFF** all regularly priced class packages during your first week!

OUR PACKAGES & PRICING

Single Drop-In	\$ 16
5 Class Package	\$ 75
10 Class Package	\$ 140
20 Class Package	\$ 260
One Month Unlimited (Auto-Renew, 3-month minimum)	\$ 99
4 Classes Per Month (Auto-Renew, 3-month minimum)	\$ 50
One Month Unlimited (No Contract)...	\$ 108
One Year Unlimited	\$ 999

www.elevateyogadenver.com

4926 East Colfax Avenue
Denver, CO 80220
(303) 478-4763

For more information and to purchase visit
www.elevateyogadenver.com

SPECIAL EVENTS:

Reiki & Crystals with Shree Fulcher
Sunday, October 1, 1pm-3pm

Mind Body Alignment:

The Power of Energetic Synchronicity
Friday, October 20, 5:30pm-7:30pm

Flow to Nidra LIVE

Friday, October 27, 5:45pm-7:15pm

Sign up now at elevateyogadenver.com/events.

*OCTOBER SATURDAY ROTATION:

11:30 am – 12:30 pm

October 7 – Iyengar Yoga

October 14 – Belly Dance Basics


October 21 – Yoga for Change Align and Flow

October 28 – Halloween Kids Yoga (Ages 5-12)

OCTOBER TEACHER OF THE MONTH: Kate Kelly

Attend any of Kate's classes as community classes for the month of October. This means, you can use your class package or, if you are experiencing financial hardship, attend for a donation of your choosing. Check out Kate's profile at elevateyogadenver.com!



HELP SAVE PAPER!  Please check our website for our class schedule or take a photo of this schedule to reference from your phone!

OCTOBER 2017

Monday

5:30 am - 6:30 am
8:30 am - 9:30 am
5:00 pm - 5:30pm

Power & Strength	Rob
Gentle Yoga	Morgan
Gentle Hip & Shoulder Openers	Kate K.
Power Vinyasa	Kristin P.
Revitalize and Restore	Lisa

Tuesday

5:30 am - 6:30 am
6:45 am - 8:00 am
10:15 am - 11:30 am
1:30 pm - 2:30 pm
3:45 pm - 4:45 pm
5:00 pm - 5:30pm
6:00 pm - 7:15 pm
7:30 pm - 8:30 pm

Kundalini Yoga	Stacy
Restorative Yoga	Stacy
Iyengar Yoga	Kila
Meditative Flow	Andrea
Kids Yoga (Ages 5-8)	Alex
Express Power Flow	Kaitlyn
Yin Yoga with Reiki	Noelle
Yoga Nidra	Noelle

Wednesday

5:30 am - 6:30 am
6:45 am - 7:45 am
12:00 pm - 1:00 pm
5:00 pm - 5:30pm
5:45 pm - 7:00 pm
7:30 pm - 8:45 pm

Align and Flow	Ashlyn
Kundalini Yoga	Stacy
Power Vinyasa	Ashlyn
Yoga Nidra Express	Alethea
Heated Yoga	Emily W.
Vinyasa	Courtney T.

Thursday

5:30 am - 6:30 am
6:45 am - 7:45 am
1:30 pm - 2:30 pm
3:45 pm - 4:45 pm
5:00 pm - 5:30pm
5:45 pm - 7:00 pm
7:30 pm - 8:45 pm

Power Vinyasa	Jamie
Gentle Yoga	Emily W.
Power Vinyasa	Nikki
Kids Yoga (Ages 9-12)	Alex
Balance & Stretch	Andrea
Align and Flow	Janie
Flow and Restore	Monique

Friday

6:45 am - 7:45 am
8:30 am - 9:30 am
12:00 pm - 1:00 pm

Restorative Yoga	Kate K.
Align and Flow	Morgan
Revitalize and Restore	Nikki

Saturday

8:30 am - 9:30 am
10:00 am - 11:00 am
11:30 am - 12:30 pm

Align and Flow	Estella
Women's Flow/ PreNatal Friendly	Estella/ Laurel
*Saturday Special - Rotating Class, see web schedule for details	Rotating

Sunday

9:00 am - 10:00 am
10:30 am - 11:45 am
4:15 pm - 5:30 pm
6:00 pm - 7:00 pm
7:30 pm - 8:45 pm

Align and Flow	Kristin P.
Vinyasa	Nikki
Restorative Yoga	Molly
Yoga Nidra	Andy
Flow and Restore	Emily G.