



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

HOLIDAY SCHEDULE:

Check the website for latest schedule updates!

- Christmas Eve: Evening Classes Cancelled
- Christmas Day: One Class Only (All others cancelled)
- Flow to Restore: Monday, December 25, 9:45am-11am
- New Years Eve: Evening Classes Cancelled
- New Years Day: 5:30am class cancelled, all other classes on regular schedule.

SPECIAL EVENTS:

Find Your Light (Blindfolded) Yoga
(regular class package rates apply)

Saturday, December 2, 11:30 am - 12:30 pm

Yoga and Essential Oils Workshop to Warm Up Your
Chakras for Winter

Saturday, December 16, 1:00 pm - 3:30 pm
\$ 25 day of, \$ 20 in advance

Flow to Nidra LIVE
(regular class package rates apply)

Friday, December 29, 5:45 pm - 7:15 pm

New Year's Day Restorative Nidra Excursion

Monday, January 1, 2:00 pm - 4:00 pm
\$ 18 until December 20, \$ 25 after

DECEMBER TEACHER OF THE MONTH:

Emily Weiss

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

DECEMBER 2017

Monday

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

Power & Strength
Gentle Flow/
Prenatal Friendly

Rob
Kaitlyn

5:00 pm - 5:30pm

Gentle Hip &
Shoulder Openers

Kate K.

5:45 pm - 7:00 pm

Power Vinyasa

Keely

7:30 pm - 8:45 pm

Revitalize and Restore

Courtney R.

Tuesday

5:30 am - 6:30 am

Power Vinyasa

Jamie

6:45 am - 7:45 am

Restorative Yoga

Kate K.

1:30 pm - 2:30 pm

Meditative Flow

Andrea

3:45 pm - 4:45 pm

Kids Yoga (Ages 5-8)

Alex

5:00 pm - 5:30pm

Express Power Flow

Kaitlyn

6:00 pm - 7:15 pm

Yin Yoga with Reiki

Noelle

7:30 pm - 8:30 pm

Restorative Nidra

Noelle

Wednesday

5:30 am - 6:30 am

Align and Flow

Kristin

6:45 am - 7:45 am

Kundalini Yoga

Stacy

12:00 pm - 1:00 pm

Power Vinyasa

Keely

5:00 pm - 5:30pm

Yoga Nidra Express

Alethea

5:45 pm - 7:00 pm

Heated Yoga

Emily W.

7:30 pm - 8:45 pm

Vinyasa

Courtney T.

Thursday

5:30 am - 6:30 am

Rising Flow

Mark

6:45 am - 7:45 am

Gentle Yoga

Emily W.

1:30 pm - 2:30 pm

Power Vinyasa

Nikki

3:45 pm - 4:45 pm

Kids Yoga (Ages 9-12)

Alex

5:00 pm - 5:30pm

Balance & Stretch

Andrea

5:45 pm - 7:00 pm

Vin, Yin, Nidra

Janie

7:30 pm - 8:45 pm

Restorative Yoga

Molly

Friday

6:45 am - 7:45 am

Restorative Yoga

Kate K.

8:30 am - 9:30 am

Align and Flow

Andrea

12:00 pm - 1:00 pm

Revitalize and Restore

Nikki

5:45 pm - 7:00 pm

Restorative and Reiki

Stacy

*no class 12/29 due to
Flow to Nidra LIVE

Saturday

8:30 am - 9:30 am

Align and Flow

Estella

10:00 am - 11:00 am

Gentle Flow/
Prenatal Friendly

Estella/
Laurel

Sunday

9:00 am - 10:00 am

Align and Flow

Kristin

10:30 am - 11:45 am

Vinyasa

Nikki

4:15 pm - 5:30 pm

Restorative Yoga

Molly

6:00 pm - 7:00 pm

Yoga Nidra

Andy

7:30 pm - 8:45 pm

Flow and Restore

Emily G.



HELP SAVE PAPER!



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