



# 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](http://www.elevateyogadenver.com)

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

For more information and to purchase visit  
[www.elevateyogadenver.com](http://www.elevateyogadenver.com)

### HOLIDAY SCHEDULE:

#### Thanksgiving Day:

**Two Classes Only (All others cancelled)**

Advance Sign Up Recommended

#### Gratitude Flow to Restore

Thursday, November 23, 9:45am-11am

#### Vinyasa

Thursday, November 23, 11:30am-12:30pm

### SPECIAL EVENTS:

#### Flow to Nidra LIVE

(regular class package rates apply)

Friday, November 24, 5:45pm-7:15pm

Sign up now at [elevateyogadenver.com/events](http://elevateyogadenver.com/events).

### NOVEMBER TEACHER OF THE MONTH:

#### Jamie Kuttenkuler

Attend any of Jamie's classes as community classes for the month of November. This means, you can use your class package or, if you are experiencing financial hardship, attend for a donation of your choosing. Check out Jamie's profile at [elevateyogadenver.com](http://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!

## NOVEMBER 2017

### Monday

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

Power & Strength  
Gentle Flow/  
Rob  
Kaitlyn

5:00 pm - 5:30pm

Prenatal Friendly  
Gentle Hip &  
Shoulder Openers  
Kate K.

5:45 pm - 7:00 pm

Power Vinyasa  
Kristin

7:30 pm - 8:45 pm

Revitalize and Restore  
Lisa

### Tuesday

5:30 am - 6:30 am

Rising Flow  
Mark

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

Restore to 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

Power Vinyasa  
Jamie

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  
Monique

### 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 11/24 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/  
Estella/

Prenatal Friendly  
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.