



ELEVATE
YOGA

New Students, \$16 for a week of Unlimited Yoga, plus, get 20% OFF all regularly priced class packages 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

Have a Class Idea? Private and Semi-Private Sessions available upon request. Email Stacy at stacy@elevateyogadenver.com to schedule or request rate information.

www.elevateyogadenver.com

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

SPECIAL EVENTS:

Visit elevateyogadenver.com/events for pricing and additional information.

Yoga for EveryBODY – Foundations Series
Saturdays, February 2 through 24,
11:30 am - 12:45 pm

Celebrate Love –
Valentines Thai Massage and Fondue
Sunday, February 11, 1pm-3pm

Radiant Self Care – Asana and Essential Oils
Sunday, February 18, 1pm-2:30pm

CPR/AED Certification
Saturday, February 24, 1:30pm

Flow to Nidra LIVE
(regular class package rates apply)
Friday, February 23, 5:45 pm - 7:15 pm

Yoga Book Club (free to attend)
Sunday, February 25, 2:45 pm to 3:45 pm
February Book: The Four Agreements
By Don Miguel Ruiz

Lunar Workshop
Saturday, March 31, 2pm-4pm

FEBRUARY TEACHER OF THE MONTH: MOLLY GREEN

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

FEBRUARY 2018

Monday		
5:30 am - 6:30 am	Power & Strength	Rob
8:30 am - 9:30 am	Gentle Flow/ Prenatal Friendly	Kaitlyn
5:00 pm - 5:30pm	Gentle Hip & Shoulder Openers	Kate K.
6:00 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	Michelle
6:45 am - 7:45 am	Restorative Yoga	Kate K.
1:30 pm - 2:30 pm	Bilingual Meditative Flow	Andrea
4:00 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	Laurel
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 R. /Amanda
Thursday		
5:30 am - 6:30 am	Bilingual Rising Flow	Michelle
6:45 am - 7:45 am	Gentle Yoga	Emily W.
1:30 pm - 2:30 pm	Power Vinyasa	Nikki
4:00 pm - 4:45 pm	Kids Yoga (Ages 9-12)	Alex
5:00 pm - 5:30pm	Balance & Stretch	Haley
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	Gentle 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	Kristin
* no class 2/23 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 to reference from your phone!