



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 Nidra for Anxiety
Saturday, March 3, 3pm-4:45pm

Blue Moon Mala Workshop
Saturday, March 24, 1:30pm-4:30pm

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

Flow to Nidra LIVE
(regular class package rates apply)
Friday, March 30, 5:45 pm - 7:15 pm

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

Reiki Level I Training
Saturdays, April 7 and 21, 4pm-8:30pm

Yoga and Writing Workshop
Sunday, April 8, 1pm-3pm

MARCH TEACHER OF THE MONTH: Alethea

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



HELP SAVE PAPER!



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

MARCH 2018

| | | | |
|-----------|---|--|------------------------|
| Monday | 5:30 am - 6:30 am 9:30 am - 10:30 am | Classical Vinyasa Gentle Flow/ Prenatal Friendly | Jorge 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. |
| | 9:30 pm - 10:30 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. |
| | 9:30 pm - 10:30 pm | Essential Yoga | Andrea |
| | 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 | Angie |
| Friday | 6:45 am - 7:45 am | Gentle Yoga | Kate K. |
| | 10:30 am - 11:30 am | Adaptive Yoga | Nikki/Alethea |
| | 12:00 pm - 1:00 pm | Revitalize and Restore | Nikki |
| | * 5:45 pm - 7:00 pm | Restorative and Reiki | Stacy |
| | *no class 3/30 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 |
| | ** 11:30 am - 12:45 pm | Yoga for EveryBODY | |
| | ** (no class 3/31) | Foundation Series | Stacy |
| 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. |