



# 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](mailto:stacy@elevateyogadenver.com) to schedule or request rate information.

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

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

## SPECIAL EVENTS:

Visit [elevateyogadenver.com/events](http://elevateyogadenver.com/events) for pricing and additional information.

El Salvador Retreat with Habitat for Humanity Build  
June 30<sup>th</sup> - July 9<sup>th</sup> - **DEPOSIT DUE APRIL 9<sup>th</sup>**

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

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

Yoga Book Club (free to attend)  
Sunday, April 22, 2:45pm - 3:45pm  
April Book: The Four Agreements, By Don Miguel Ruiz

Flow to Nidra LIVE  
(regular class package rates apply)  
Friday, April 27, 5:45pm - 7:15pm

Essential Oils for Your Pet  
Saturday, May 5, 1:30pm - 2:30pm

Mothers Day Essential Oils  
Sunday, May 13, 2:15pm-3:45pm

Fathers Day Thai Massage  
Sunday, June 17, 1pm-3pm

APRIL TEACHER OF THE MONTH: Laurel

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

## APRIL 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	<b>Rasika /Amanda</b>
Thursday	5:30 am - 6:30 am	Bilingual Rising Flow	Michelle
	6:45 am - 7:45 am	Gentle Yoga Essential	Emily W.
	9:30 pm - 10:30 pm	Yoga	<b>Rasika</b>
	<b>1:30 pm - 2:30 pm</b>	<b>CANCELLED</b>	<b>CANCELLED</b>
	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	Alethea
	12:00 pm - 1:00 pm	Revitalize and Restore	Jorge
	* 5:45 pm - 7:00 pm	Restorative and Reiki	Stacy
	<b>* no class 4/27 due to Flow to Nidra LIVE</b>		
Saturday	8:30 am - 9:30 am	Align and Flow Gentle	Estella
	10:00 am - 11:00 am	Flow/ Prenatal Friendly	Estella/ Kaitlyn
	** 11:30 am - 12:45 pm	Yoga for EveryBODY Foundation Series	Stacy
Sunday	9:00 am - 10:00 am	Align and Flow	Kristin
	10:30 am - 11:45 am	Vinyasa	<b>Kristin</b>
	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	<b>Laurel</b>



HELP SAVE PAPER!



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