

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 AM – 10:30 AM</b> Hot Hatha  <b>11:00 AM – 12:15 PM</b>  <b>DECEMBER 9TH</b> <b>1:00 PM – 2:30 PM</b> Explore Primal Vinyasa*  <b>DECEMBER 9TH</b> <b>4:30 PM – 5:45 PM</b> Guided Meditation*  <b>DECEMBER 30TH</b> <b>4:00 PM – 6:00 PM</b> Yin/Nidra*	<b>9:00 AM – 10:15 AM</b> Flow  <b>12:00 PM – 1:00 PM</b> Express Flow  <b>6:00 PM – 7:15 PM</b> Wheel Flow  <b>7:45 PM – 9:00 PM</b> Men's Nude Yoga*	<b>9:00 AM – 10:15 AM</b> Flow  <b>5:30 PM – 6:45 PM</b> Flow  <b>7:00 PM – 8:15PM</b> Slow & Flow	<b>9:00 AM – 10:15 AM</b> Flow  <b>12:00 PM – 1:00 PM</b> Express Flow  <b>5:30 PM – 7:00 PM</b> Hot Hatha  <b>7:30 PM – 8:45 PM</b> Warm Slow & Flow	<b>9:00 AM – 10:15 AM</b> Flow  <b>5:30 PM – 6:45 PM</b> Rocket Flow  <b>7:00 PM – 8:15 PM</b> Slow & Flow	<b>9:00 AM – 10:15 AM</b> Flow  <b>12:00 PM – 1:00 PM</b> Express Flow  <b>6:00 PM – 7:15 PM</b> Flow  <b>7:30 PM – 8:45 PM</b> Relax & Restore	<b>8:30 AM – 9:45 AM</b> Flow  <b>10:30 AM – 11:45 AM</b> Gentle Basics

Please check website for the latest and most up-to-date class schedule at [www.sukhalifeyoga.com](http://www.sukhalifeyoga.com).

## WHO WE ARE

The translation of Sukha is happiness, pleasure, ease, or bliss, in Sanskrit. That is what you will experience at SukhaLife Yoga Studio, from the cozy lounge with a kombucha bar to the spacious practice space. We also know that it's possible to have fun, laugh and feel inspired through the practice of yoga. We promote skillful alignment, creative sequencing and mindful breathing. Our teachers are professional yoga instructors who are enthusiastic about sharing yoga's power to connect, transform and elevate your life during each class.

\*Not included with any membership or class pass.

## PRICING\*\*

Drop-in.....	\$15
1 Month Unlimited.....	\$60
Monthly Recurring.....	\$50
3 Month Unlimited.....	\$165
10 Class Pass.....	\$120
Year Unlimited.....	\$500

\*\*Package and recurring rates are good through December 2018.

NEW MEMBER SPECIAL

**\$25**

FOR 3 CLASSES