

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM – 10:30 AM Hot Hatha 11:00 AM – 12:15 PM Hot Flow NOVEMBER 18TH 2:00 PM – 4:00 PM Thai Bodyworks & Massage Workshop* NOVEMBER 18 4:30 PM – 5:45 PM Guided Meditation*	9:00 AM – 10:15 AM Flow 12:00 PM – 1:00 PM Express Flow 6:00 PM – 7:15 PM Wheel Flow 7:45 PM – 9:00 PM Men's Nude Yoga*	9:00 AM – 10:15 AM Flow 5:30 PM – 6:45 PM Flow 7:00 PM – 8:15PM Slow & Flow	9:00 AM – 10:15 AM Flow 12:00 PM – 1:00 PM Express Flow 5:30 PM – 7:00 PM Hot Hatha 7:30 PM – 8:45 PM Warm Slow & Flow	9:00 AM – 10:15 AM Flow 5:30 PM – 6:45 PM Rocket Flow 7:00 PM – 8:15 PM Slow & Flow	9:00 AM – 10:15 AM Flow 12:00 PM – 1:00 PM Express Flow 6:00 PM – 7:15 PM Flow 7:30 PM – 8:45 PM Relax & Restore	8:30 AM – 9:45 AM Flow 10:30 AM – 11:45 AM Gentle Basics NOVEMBER 10TH 1:30 PM - 3:00 PM CBD + Yoga Workshop* NOVEMBER 17TH STARTS @ 1:30 PM SukhaLife 1-Year Anniversary Celebration

Please check website for the latest and most up-to-date class schedule at 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

NEW MEMBER SPECIAL

\$25

FOR 3 CLASSES