# Let it bE

**Hot Yoga – Yoga done in 105 degree temperature with humidity. Beginners welcome at all classes! Hot Glowga – yoga in black lights (HOT)**

**Traditional Yoga- Customary Yoga done in Room Temp. - breath and movement flow and holding of the asanas (ROOM TEMP)**

**Warm & Dynamic Alignment emphasis, flow with grace-. Start your day with positive energy. 95 degrees**

**Restorative -Gentle yoga using blankets, blocks & straps 75 degrees (ROOM TEMP)**

**Hot Shatki – hybrid yoga that incorporates Tai Chi, Chih, Belly Dancing & more. Expect fun music and to break a sweat!**

**Heart Flow - Awareness of self-connecting the mind, body-flow with breath**

**Let it Be Gentle – Gentle yoga done in room temp (no heaters) Let it Go – Room Temp NO Stress**

**Let it Flow – Flow -movement and breath in sync.**

**Sweet Sunday Warm Surrender – Great way to end the weekend and start the week!**

# **Yoga**

# **6200 Coors Blvd. NW (Coors/Montano)**

# ***Albertson’s Shopping Center***

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| **www.letitbeyoganm.com** | |  | **OCTOBER** |  |  |  |
| **Sunday** | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **8:30am - 9:30am** Traditional YOGA (ROOM TEMP) Jayma | | **5:30am-6:30am** Hot YOGA  Charlotte | **5:30am-6:30am** Hot YOGA  Melora | **5:30am-6:30am** Hot YOGA  Melora | **5:30am-6:30am** Hot YOGA  Yvonne | **5:30am-6:30am**  Hot YOGA  Jerry |  |
|  | |  |  | **9am-10am**  Traditional Dynamic  Room Temp  YOGA Sara |  | **9am-10am** Restorative  Room temp  YOGA Sara | **8:30am – 9:30am**  Hot YOGA  Claudia |
| **11am – 12:15pm**  Hot YOGA  Cindy | | **10:30-11:30am**  Traditional YOGA  (ROOM TEMP)  Lana | **10:30-11:30am**  Let it Be Gentle  YOGA  (ROOM TEMP) Sara | **10:30-11:30am**  Let it Go  YOGA  (ROOMTEMP) Sara | **10:30-11:30am**  Let it Be Gentle  Gentle YOGA  (ROOM TEMP)  Sara | **10:30-11:30am**  Traditional YOGA  (ROOM TEMP)  Sara | **10:30-11:30am**  Let it Flow YOGA  (ROOM TEMP)  Jerry |
|  | | **6:15pm-7:15pm**  Hot YOGA  Jerry | **6:15pm-7:15pm**  Warm Heart Flow YOGA  Ileana | **6:15pm-7:15pm**  Warm Heart Flow YOGA  Jerry | **6:15pm-7:15pm**  Hot YOGA  Kassy | **6:15pm-7:15pm**  Warm Heart Flow YOGA  Melora |  |
| **7pm-8pm**  Sweet Sunday Surrender  (WARM) YOGA Jeannette | | **7:30pm - 8:30pm**  Hot Glowga  Jerry | **7:30pm-8:30pm**  Hot Shakti YOGA Crystal  **9pm – 10pm**  Hot YOGA - Kassy | **7:30pm-8:30pm** Amor Yoga  Room Temp  Spanish YOGA  Ileana | **7:30-8:30pm**  Hot Power Glow  YOGA Kassy |  |  |

**PRICES:**

**\*FIRST TIME INTRO $10 DROP IN - $12**

**UNLIMITED MONTH ADULT - $75**

**UNLIMITED MONTH SENIOR - $65 (ages 65 +)**

**UNLIMITED MONTH STUDENT - $55 (full-time)**

**UNLIMITED MONTH COUPLE - $110**

**10 CLASS PUNCH CARD - $85 (expiration 75 days)**

**5 CLASSES for 45 - $45 (expiration 60 days)**

**CONTACT US:**

**Phone: 505.270.3316**

**Website:** [**www.letitbeyoganm.com**](http://www.letitbeyoganm.com)

**Facebook: Let it Be Yoga NM**

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