#  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 YOGACharlotte | **5:30am-6:30am** Hot YOGAMelora | **5:30am-6:30am** Hot YOGAMelora | **5:30am-6:30am** Hot YOGAYvonne | **5:30am-6:30am**Hot YOGAJerry |  |
|  |  |  | **9am-10am** Traditional Dynamic Room TempYOGA Sara |  | **9am-10am** RestorativeRoom temp YOGA Sara | **8:30am – 9:30am**Hot YOGAClaudia |
| **11am – 12:15pm** Hot YOGACindy | **10:30-11:30am**Traditional YOGA(ROOM TEMP)Lana | **10:30-11:30am**Let it Be GentleYOGA(ROOM TEMP) Sara | **10:30-11:30am**Let it GoYOGA(ROOMTEMP) Sara | **10:30-11:30am**Let it Be GentleGentle 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 YOGAJerry | **6:15pm-7:15pm**Warm Heart Flow YOGAIleana | **6:15pm-7:15pm**Warm Heart Flow YOGAJerry | **6:15pm-7:15pm**Hot YOGAKassy | **6:15pm-7:15pm**Warm Heart Flow YOGAMelora |  |
| **7pm-8pm**Sweet Sunday Surrender(WARM) YOGA Jeannette | **7:30pm - 8:30pm**Hot GlowgaJerry | **7:30pm-8:30pm**Hot Shakti YOGA Crystal**9pm – 10pm**Hot YOGA - Kassy | **7:30pm-8:30pm** Amor Yoga Room TempSpanish YOGAIleana | **7:30-8:30pm**Hot Power GlowYOGA 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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