



WEEKLY

Schedule

505 W First St.
Tustin, CA.
714.617.4593

Mon

7:00am - Pranayam+Meditation (ZOOM)

7:30am - Heated Yoga

10:30am - Aerial Yoga

5:00pm - Vinyasa + Aromatherapy

6:15pm - Gentle Yoga + Meditation

7:30pm - Vibrational Yin Flow

Tue

7:00am - Pranayam+Meditation (ZOOM)

10:00am - Gentle Vinyasa Flow

4:30pm - Vinyasa + Sound Bath

6:00pm - Alignment Flow

7:30pm - Aromatherapy Yoga

Wed

7:00am - Pranayam+Meditation (ZOOM)

10:00am - Gentle Vinyasa Flow

12:00pm - Aerial Yoga

5:00pm - Vibrational Yin Flow

6:15pm - Gentle Yoga + Meditation

7:30pm - Restorative Yoga

Thu

7:00am-Pranayam+Meditation (ZOOM)

10:00am - Slow Flow + Restore

4:30pm - Vinyasa+ Sound Bath

6:00pm - Beginner Yoga & Meditation

7:30pm - Harmony within: Breath & Sound(NEW)

Fri

6:00 am - Sunrise Yoga

7:00am-Pranayam+Meditation (ZOOM)

10:00am - Vinyasa + Sound Bath

12:00pm - Midday Serenity: Yin & Sound

5:00pm - Vinyasa Flow Level 2

6:15pm - Dosha Yoga (NEW)

7:30pm - Aerial Float & Sound (NEW)

Sat

8:30 am - Meditative Flow

10:30am - Kundalini + Reiki

1:00pm - Beginner Aerial Yoga

7:00pm - Full Moon Soundbath (1x a month)

EVENT - yoga pass not be accepted

Sun

8:30 am- Foundational Flow

10:30- Sunday Reset Yoga

6:15pm - Restorative Yoga + Aromatherapy

The Sanctuary Yoga Studio

505 W First St. Tustin, CA

Monthly Wellness Memberships: *(3 month commitment)*

Unlimited Yoga Membership: \$111

Unlimited Yoga + 1 Massage: \$159

Unlimited Yoga + 1 Massage + 1 Ayurveda Consult: \$229

1 Massage a month (Swedish): \$69

1 Ayurvedic Therapy a month: \$89
(Abhyanga, Shiro, Pinda, Udvarthan)

Class Packages:

Single Class: \$20

5 Pack: \$90

10 Pack: \$170

20 Pack: \$320

Aerial Yoga: \$35**

(**\$20 for 5/10/20 pack pass holders/buddies)



welcome@awakensanctuary.com

714.617.4593 | 714-477-YOGA *(text)*

Your Path to Total Wellness Awaits

At The Sanctuary we offer more than just yoga – we're your *sanctuary* for complete mind, body, and soul rejuvenation!

Discover our holistic services:

Yoga: From group classes to private sessions + aerial.

Massage & Facials: Rejuvenate your skin and relax your muscles.

Ayurvedic Consultations: Personalized guidance for balance and improved well-being.

Ayurvedic Body Therapies: Ancient healing treatments for deep relaxation and restore.

Panchakarma: Detoxify and renew your body.

Reiki: Energy healing for inner peace.

Chakra Balancing: Restore harmony and alignment within.

———— TRAINING & CERTIFICATION COURSES ————

200hr Yoga Teacher Training: Step into your practice and teach with confidence

Ayurvedic Certification: Become a certified Ayurvedic practitioner

Reiki Training: Become a certified Reiki practitioner

Ayurvedic Cooking Classes: Nourish your body from the inside out and learn recipes to match your dosha

Wellness Retreats: Immersive experiences for complete transformation