

the sanctuary yoga room.

2735 S Hulen St
Ft. Worth, TX 76109

	MON	TUE	WED	THU	FRI	SAT	SUN
6-7am		TRANSFORMATIONAL flow		TRANSFORMATIONAL flow		TRANSFORMATIONAL flow 8-9am	
9:15-10:30am	TRANSFORMATIONAL flow	TRANSFORMATIONAL flow	TRANSFORMATIONAL flow	TRANSFORMATIONAL flow	FLY & flow	TRANSFORMATIONAL flow	slow FLOW
11:30-12:30pm	TRANSFORMATIONAL flow	slow FLOW	slow FLOW	slow FLOW	TRANSFORMATIONAL flow	BEGINNERS new	TRANSFORMATIONAL flow
4:30-5:30pm	TRANSFORMATIONAL flow	slow FLOW	TRANSFORMATIONAL flow	slow FLOW	RESTORATIVE bliss 1:30-2:30pm	slow FLOW 3-4:15pm	RESTORATIVE bliss 3-4:15pm
5:45-7pm	slow FLOW	TRANSFORMATIONAL flow	slow FLOW	TRANSFORMATIONAL flow	slow FLOW 4:30-5:45pm		
7:30-8:30pm	TRANSFORMATIONAL flow	slow FLOW	TRANSFORMATIONAL flow	RESTORATIVE bliss			

Schedules are subject to change. Visit www.thesanctuaryyogaroom.com for most up-to-date schedules, pricing, class descriptions and instructors.



welcome.

We humbly offer yoga steeped in tradition, built on integrity and created with truth, passion and joy. We have a variety of classes, some are warm, some are not so warm, because we have found that variety creates longevity. Our classes are based in sound alignment principles. We combine flexibility and strength to create stability and harmony in the joints, as well as in the trinity of the body, mind and spirit. Breath is always incorporated. Our teachers study constantly so they stay up to date with this ever expanding practice. Our prices reflect our desire to stand apart from current trends in fitness and not be just another corporate yoga chain. We have mindfully created this studio as a warm and welcoming home. We hope you will find this practice in this sanctuary as meaningful and profound as we do.

For more information, go to: www.thesanctuaryyogaroom.com