

MASKS ON AT ALL TIMES

FULLY SANITIZED

**AIR IONIZER USE TO HELP
PURIFY THE AIR**

***SMALLER**

***HOMEY**

***NO MIRRORS**

***NO BRIGHT LIGHTS**

***NO JUDGEMENT**

***NO PRESSURE**

HOT YOGA – Yoga in the hot studio with the heaters on for the whole class time. **BEGINNERS are WELCOME! (HOT)**

Cozy Saturday YOGA-

Traditional Yoga done 72-75 degrees. **(COZY) BEGINNERS are WELCOME!**

YIN YOGA – Slower yoga with poses held for longer times. **(COZY) BEGINNERS are WELCOME!**

TRADITIONAL YOGA- Yoga – stretch, breathe, balance done in room temp studio. **BEGINNERS are WELCOME! (ROOM TEMP)**

***CONTINUING TO ADD CLASSES TO THE SCHEDULE**

ONLINE SCHEDULE -

www.letitbeyoganm.com

DE-STRESS, MOVE

BREATHE WELL &

FEEL GOOD!

LET IT BE

YOGA



6200 Coors Blvd. NW (Coors/Montano)

Albertson's Shopping Center

www.letitbeyoganm.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9am-10am Cozy Saturday (72-75 degrees) Yoga Melora
10am- 11am HOT YOGA (HOT) Kassy		10:30-11:30am TRADITIONAL YOGA (ROOM TEMP) Melora		10:30-11:30am TRADITIONAL YOGA (ROOM TEMP) Sara		
4pm – 5pm Cozy YIN YOGA (72-75 degrees)	6:15pm-7:15pm HOT Karma YOGA YOGA (HOT) Daly	6:15pm-7:15pm Hot YOGA (HOT Glow-ga lights) Clarissa	6:15pm-7:15pm Warm YOGA (WARM) Melora	6:15pm-7:15pm Hot YOGA (HOT) Melora	6:15pm-7:30pm Cozy YIN YOGA (72-75 degrees) Martha	

CONTACT US:

Phone: 505.270.3316

Website: www.letitbeyoganm.com

Facebook: Let it Be Yoga NM

Instagram: Let it Be Yoga

PRICES:

DROP IN - \$15

5 CLASSES for \$55 (expiration 45 days)

Private Sessions - \$75 (one hour)