

PRICE LIST

NEW CLIENT SPECIAL (10 DAYS UNLIMITED VISITS)	\$ 20
DROP-IN	\$ 20
5 CLASS PASS	\$ 85
10 CLASS PASS	\$ 140
MONTHLY UNLIMITED	\$ 154
ANNUAL UNLIMITED	\$1,500

Schedule

Monday

6-7am	Sunrise Salutations w Greg
9:30-10:30am	Yin Yoga w Sylvia
12-12:45pm	Mobility Flow w Anaya
4:30-5:30pm	Yoga Reset w Anaya
6:30-7:30pm	Vinyasa w Lauren

Tuesday

5:30-6:30am	Rise & Shine Yoga w Lauren
8-9am	Restorative w Christy
9:30-10:30am	Vinyasa w Sylvia
12-12:45pm	Gentle Flow & Go w Sylvia
6-7:15pm	Vinyasa w Melissa

Wednesday

8-9am	Vin to Yin w Sylvia
9:30-10:30am	Hatha Yoga w Maka
12-12:45pm	Lunch Flow & Go w Maka
4:30-5:30pm	Free Flow Vinyasa w Debra
6:30-7:30pm	Yin Flow w Sylvia

Thursday

5:30-6:30am	Rise & Shine Yoga w Lauren
8-9am	Good Morning Flow w Christy
9:30-10:30am	Yin Yoga w Anaya
12-12:45pm	Gentle Flow & Go w Anaya
6:30-7:45pm	Restorative w Greg

Friday

6-7am	Sunrise Salutations w Greg
9:30-10:30am	Hatha Flow w Maka
12-12:45pm	Lunch Flow & Go w Maka

Saturday

7:30-8:45am	More Core w Greg
9:30-10:30am	Vinyasa w Debra

Sunday

3:30-4:30pm	Candlelight Mov & Med w Lauren
5:30-6:30pm	Yoga for Recovery w Anaya



Connect With Us



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LAUREL GRACE YOGA

Revive. Restore. Awaken.



We are here to serve the New Braunfels community and beyond with practices that promote overall wellness and offer self-care techniques to live a healthy lifestyle full of joy and gratitude. These feelings inform and guide our core teachings at Laurel Grace Yoga, as we focus on helping clients better connect to themselves and their surroundings. We offer a variety of classes and workshops that allow practitioners to Revive through breath, Restore energy, build strength and Awaken the mind, body and spirit. Find your Grace.


~Honor the light within You~