



**tejas**  
YOGA & WELLNESS

We are a Yoga and wellness studio with a mission to provide services for lasting physical and spiritual health. In addition to traditional yoga such as Hatha, Vinyasa, Ashtanga and hot yoga, Tejas Yoga and Wellness offers NIA (dance), Kundalini, Rocket, Yin, Tai Chi, Yoga Nidra, fitness classes, Yoga Therapy, energy healing and much more.



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## INTRODUCTORY PRICING

**FIRST CLASS-FREE**  
IN STUDIO DONATION TO  
BORDER ANGELS IS ENCOURAGED

**FIRST MONTH UNLIMITED  
\$45**

### VISIT

IN PERSON:

2334 Proctor Valley Rd  
#101 Chula Vista 91914

CALL:

619 606-3218

WEB:

[yogaeastlake.com](http://yogaeastlake.com)

INSTAGRAM:

[@tejas yogawellness](https://www.instagram.com/tejas yogawellness)

Scan To Visit  
The Digital Flyer



**RESTORE  
REJUVENATE  
REBALANCE**



# UPCOMING EVENTS

Free Intro to Yoga Workshop  
Every Sunday at 12

4.2  
Intro to TRX  
with Jenna Arazia

4.2  
New Moon Meditation  
with Atman Yoga and Fitness

4.23  
Dancing in the Flow  
with Nancy Garcia

4.30  
Intro to Vedic Astrology  
and Planetary Remedies  
with Amit Garg

## tejas YOGA & WELLNESS APRIL 2022 CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6am- Agni Yoga	6am- Heated Vinyasa 1	6am- Heated Vinyasa- ALL levels	6am- Agni Yoga	6am- Heated Vinyasa ALL levels	8am- Agni Yoga	8am- Heated Vinyasa 2
7:30am- Heated Rocket Yoga	8:30am- Nia Dance	7-8:15am- Kundalini Yoga	7:30am- Heated Vinyasa 1	7:15am- Heated Rocket Yoga	8:15am- Yin Yoga	9:15am- Fiesta Barre
8:30am- Yin Yoga	8:45am- Heated Vinyasa 2	7:15am- Heated Ashtanga	8:45am- Tai Chi	8:45am- Heated Vinyasa 2	9:30am- Heated Vinyasa 2	9:30am- Agni Yoga
8:45am- Heated Vinyasa- ALL levels	10am- Fiesta Barre	8:45am- Agni Yoga	8:45am- Heated Vinyasa 1	10am- Fiesta Barre	9:45am- Nia Dance	10:30am- Nia Dance
10am- 360 Sculpt	5:45pm- Agni Yoga	8:45am- Rocket Yoga	10am- Cardio Sculpt		SEE WORKSHOP SCHEDULE	10:45-12pm- Yoga Gym (Bheemashakti)
	6:15pm- Dance Party Yoga	10am- Heated Vinyasa 1	10am- Non-Heated Hatha			12:00pm- Introduction to Yoga
5:45pm- Heated Vinyasa Level 2	7:15pm- Cardio Sculpt	11:15am- Nia	5:30pm- Yoga for Strength			12:15-1:15pm- Rocket Yoga
6pm- Nia Dance		5:30-6:45pm- Kundalini	5:45pm- Heated Vinyasa 2			4-5:15pm- Kundalini Yoga
7:15pm- Yoga Nidra	7:30pm- Yoga Nidra	5:45pm- Heated Vinyasa 2	6:45pm- Nia Dance	5:30pm- Invers-yin		5:30pm- Yin + Yoga Nidra
		7pm- Heated Mat Pilates	7pm- Agni Yoga	7pm- Heated Vinyasa 1		
		7:15pm- Yin + Reiki	7:30- Yin + Yoga Nidra			

\*Please confirm class time and availability online or through the MindBody App.

