



A Yoga Sanctuary for All

Sanctuary Yoga

1919 Stearns Ave., Kalamazoo, MI 49008

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Sanctuary-Yoga.com

Day	Time	Teacher	Class
Monday	11:15 – 12:30 pm	Véronique	Yin Yoga
Monday	6:15 – 7:15 pm	Chiezan	Zen Sitting Meditatio/Study (donation)
Monday	7:30 – 8:30 pm	Kathe	Equilibrium 1: Yoga for Balance & Joy
Tuesday	10:00 – 11:00 am	Mary Beth	Yoga for Seniors
Tuesday	5:30 – 7:00 pm	Véronique	Vinyasa Flow 1
Wednesday	12:15 – 1:15 pm	Kathe	Equilibrium 2: Yoga for Balance & Joy
Wednesday	5:30 – 6:45 pm	Véronique	Easy Going Yoga
Wednesday	7:00 – 8:15 pm	Véronique	Vinyasa Flow 2
Thursday	7:00 – 8:30 pm	Blaire	Buddhist 12 Step Recovery (donation)
Last Friday of the Month	7:00 – 9:00 pm	Véronique	Restorative Workshop
Saturday	10:00 – 11:30 am	Véronique	Community Yoga (\$10, ½ to charity!)
First Sunday of the Month	9:00 am – noon	Blaire	Buddhist Meditation & Dharma Talk (donation)

Rates: 60 min. class: \$48 for 4-pak, \$13 drop-in | 75/90 min. class: \$52 for 4-pak, \$15 drop-in | Students - any class \$10

For up-to-the-minute Schedule changes/cancellations check <http://facebook.com/SanctuaryYogaKalamazoo>

Teachers

Kathe Bowman is RYT 500-hour level.

Chiezan is Ino (head monk) at SokukoJi Temple/Community in Battle Creek.

Véronique Jewell is RYT 500-hour level, Lic. Massage Therapist, Certified Thai Massage practitioner.

Blaire Latulippe is the leader of the Buddhist 12 Step Recovery program.

Mary Beth Thomas is RYT 200-hour level.

Classes

Yin Yoga – Yin focuses on longer holds of the postures in order to access and release the deeper layers in the body.

Zen Sitting Meditation – One hour Zen sitting meditation with emphasis on awareness of breath, mind & body. Optional Dharma talk follows.

Equilibrium Yoga 1 & 2 -- Vinyasa flow classes, offered with the encouragement to feel the flow of prana.

Vinyasa Flow 1 & 2 – Flow classes weave all kinds of postures at a slow or dynamic pace focusing on linking breath and movement.

Easy Going Yoga– On-going gentle yoga class for new, returning and recovering students.

Buddhist 12 Step Recovery – We welcome anyone seeking relief & recovery from the suffering caused by substance and behavioral addictions.

Community Yoga – This class is for everyone so options are offered in all poses and flows in order to accommodate all levels.

Restorative Workshops (monthly) – Come seeking refuge at Sanctuary -- you will relax, become quiet, allowing body & soul to be fed.

Buddhist Meditation & Dharma Talk (monthly)– Intro. to sitting and walking meditation plus dharma talk with refreshments after.

Yoga for Seniors – A gentle class, perfect for beginners, designed to build strength, flexibility, range of motion, promote a sense of balance, calm and relaxation.