



A Yoga Sanctuary for All

Sanctuary Yoga

1919 Stearns Ave., Kalamazoo, MI 49008

Phone/Text: 269-598-2083



Sanctuary-Yoga.com

Day	Time	Teacher	Class	Fee
Monday	11:15 – 12:30 pm	Véronique	Yin Yoga	\$16 drop-in \$56 4-pack
First Monday of the Month	6:00 – 6:55 pm	Chiezan	Dharma Talk by Sokuzan	donation
Remaining Mondays	6:00 – 6:55 pm	Chiezan	Zen Sitting Meditation & Study	donation
Monday	7:00 – 8:15 pm	Kathe	Equilibrium 1: Yoga for Balance & Joy	\$16 drop-in \$56 4-pack
Tuesday	10:00 – 11:00 am	Mary Beth	Yoga for Seniors	\$13 drop-in \$96 8-pack
Tuesday	5:30 – 7:00 pm	Véronique	Vinyasa Flow 1	\$16 drop-in \$56 4-pack
Wednesday	12:15 – 1:15 pm	Kathe	Equilibrium 2: Yoga for Balance & Joy	\$16 drop-in \$56 4-pack
Wednesday	5:30 – 6:45 pm	Véronique	Easy Going Yoga	\$16 drop-in \$56 4-pack
Wednesday	7:00 – 8:15 pm	Véronique	Vinyasa Flow 2	\$16 drop-in \$56 4-pack
Thursday	5:30 – 6:45 pm	Lillie	Rest & Restore	\$16 drop-in \$56 4-pack
Thursday	7:00 – 8:30 pm	Blaire	Buddhist 12 Step Recovery	donation
First Friday of the Month	6:00 – 7:15 pm	Véronique	Power Up Yoga	\$16 drop-in \$56 4-pack
Last Friday of the Month **	7:00 – 9:00 pm	Véronique	Restorative Workshop	\$25.00
Saturday	10:00 – 11:30 am	Véronique	Community Yoga	\$10 or more, 50% to charity!!
First Sunday of the Month	9:30 am – noon	Blaire	Trungpa Dharma Sunday Sangha	donation

** Restorative – Pre-registration required <http://www.sanctuary-yoga.com/workshopsevents.html#MonthlyRestorative>

Studio Notes

- All students are \$10 for any class, please let the teacher know and show your student ID if requested.
- First class with Véronique is **free!** Just let her know you are new to Sanctuary Yoga when filling out the new student paperwork.

Teachers

Kathe Bowman is RYT 500-hour level.

Sokuzan is the abbot at SokukoJi Temple/Community in Battle Creek which is the origin of Kalamazoo Zen lead by Chiezan

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 Martin is a meditation practitioner and student of the Kagyü Lineage.

Mary Beth Thomas is RYT 200-hour level.

Lillie Wolff is RYT 500-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.

Visit by Sokuzan - Dharma Talk – A talk by the abbot of the SokukoJi Monastery & Temple of Battle Creek

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.

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

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.

Rest & Restore – Both soothing and nurturing, this trauma-aware Restorative Yoga class facilitates conscious relaxation and deep healing.

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.

Power Up Yoga (monthly) – *An hour of strong Vinyasa flow followed Savasana. This class will help us eliminate toxins and get stronger.*

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

Trungpa Dharma Sunday Sangha – Intro. to sitting & walking meditation per Trungpa Rinpoche, refreshments plus dharma talk & discussion.