



*A Yoga Sanctuary for All*

## Sanctuary Yoga

1919 Stearns Ave., Kalamazoo, MI 49008

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Day	Time	Teacher	Class
Monday	12:15 pm - 1:30 pm	Véronique	Yin Yoga
Monday	5:00 – 6:00 pm	Véronique	New to Yoga (pre-register)
Monday	6:15 – 7:15 pm	Chiezan	Zen Sitting Meditation (donation)
Monday	7:30 – 8:30 pm	Kathe	Equilibrium 1: Yoga for Balance & Joy
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 – 8:30 pm	Véronique	Vinyasa Flow 2
Thursday	12:00 – 12:30 pm	Véronique	Sitting Meditation (donation)
Thursday	6:00 – 7:00 pm	Renée	The Energy of Breath
Friday	12:00 – 1:15 pm	Sam	Root to Rise:Alignment-Based Yoga
Last Friday of Month	7:00 – 9:00 pm	Véronique	Monthly Restorative Yoga Workshop (\$25)
Saturday	10:00 – 11:30 am	Véronique	Community Yoga (\$10, ½ to charity!)

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

**Renee Leslie** is RYT 200-hour level.

**Samantha Schaefer** 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.

**New to Yoga** – This class gives everyone an opportunity to learn or return to the fundamentals of Yoga (alignment and breathing).

**Equilibrium 1 & 2: Yoga for Balance & Joy** – Vinyasa flow classes, offered with the encouragement to feel the flow of prana.

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

**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.

**Sitting Meditation** – A half hour of open group meditation. Everyone, from beginners to experienced practitioners, is welcome.

**The Energy of Breath** – A breathing-centered (Pranayama) Yoga flow practice.

**Root to Rise: Alignment Based Yoga** – Focus on alignment, this slow- flow aims to cultivate courage, strength, and self-awareness!

**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, letting go to be fed body & soul.