



A Yoga Sanctuary for All

Sanctuary Yoga

1919 Stearns Ave., Kalamazoo, MI 49008

Sanctuary-Yoga.com • Veronique@Sanctuary-Yoga.com • 269-598-2083

Monday	5:00 – 6:00 pm	Véronique	New to Yoga (pre-register)
Monday	6:15 – 7:15 pm	Chiezan	Zen Sitting Meditation **
Monday	7:30 – 8:30 pm	Kathe	Equilibrium: Yoga for Balance & Joy
Tuesday	10:00 – 11:15 am	Al	Tai-Chi and Qigong
Tuesday	5:30 – 7:00 pm	Véronique	Vinyasa Flow 1
Tuesday	7:30 – 8:30 pm	Bailey	Restorative Yoga
Wednesday	5:30 – 6:45 pm	Véronique	Easy Going Yoga
Wednesday	7:00 – 8:30 pm	Véronique	Vinyasa Flow 2
Thursday	5:00 – 6:15 pm	Krista	Fly Like Crows & Balance Like Eagles: Yoga for Strength & Flexibility
Friday	12:00 – 1:15 pm	Sam	Root to Rise: Alignment-Based Yoga
Saturday	10:00 – 11:30 am	Véronique	Community Yoga
Last Friday of Month	7:00 – 9:00 pm	Véronique	December cancelled, returning January

Rates :: 60 min. class: \$40 for 4 classes, \$14 drop-in || 75 min. class: \$52 for 4 classes, \$15 drop-in || ** Free!

Teachers

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

Lorelei Love Renstrom is RYT 500-hour level and a NAMA-certified Ayurvedic practitioner.

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

Kathe Bowman is RYT 500-hour level.

Bailey Mead is RYT 500-hour level.

Krista Katrovas is eRYT 500-hour level

Al Wolf is a licensed Acupuncturist and authorized to teach several Tai-Chi/Qigong traditions.

Samantha Schaefer is a RYT 200-hour level.

Classes

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

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

Equilibrium: Yoga for Balance & Joy – A Vinyasa flow class, offered with the encouragement to feel the flow of prana.s

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

Tai-Chi and Qigong – Tai-chi chuan is a martial art form practiced as a series of flowing movements to develop strength, balance, and focus.

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

Restorative Yoga – Restorative yoga creates a space to pause, find stillness, and slowly release tension without exertion and effort.

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

Fly Like Crows & Balance Like Eagle... – In this Vinyasa Flow class the focus is on building strength and flexibility.

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.