



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 | Venue |
|------------|------------------|----------------|-------------------------------------|--------------------|
| Sunday | 11:30 – 12:45 pm | Véronique | Community Yoga | In person & online |
| Monday | 10:30 – 11:45 am | Véronique | Yin Yoga | In person & online |
| Monday | 6:15 – 7:30 pm | Kathe | Equilibrium: Yoga for Balance & Joy | In person only |
| Tuesday | 9:30 – 11:00 am | Gina | Wild Honey Yoga | In person & online |
| Tuesday | 6:00 – 7:15 pm | Véronique | Vinyasa Flow I | In person & online |
| Wednesday | 8:30 – 9:45 am | Lina | Yoga-Barre Fusion | In person only |
| Wednesday | 5:30 – 7:00 pm | Wade | Tantric Kundalini Yoga | In person only |
| Thursday | 10:00 – 11:00 am | Mary Beth | Yoga for Healthy Aging | In person & online |
| Thursday | 6:00 – 7:15 pm | Véronique | Vinyasa Flow II | In person & online |
| Saturday | 10:00 – 11:00 am | Mary Beth | Yoga for Healthy Aging | In person & online |

Teachers

Kathe Bowman is RYT 500-hour level.

Lina Daou is RYT 200.

Gina Greene is RYT 500-hour level, Licensed Massage Therapist.

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

Mary Beth Thomas is RYT 500-hour level.

Wade Woytal is RYT 500-hour level (in-progress)

Classes

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

Class fee for Community Yoga is a suggested donation amount – 50% goes to charity of the month.

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

Equilibrium Yoga – Vinyasa flow classes, offered with the encouragement to feel the flow of prana.

Wild Honey Yoga – Flow class weaves all kinds of postures at a slow or dynamic pace focusing on linking breath and movement.

Yoga-Barre Fusion – Incorporates dynamic movements of Barre, Yoga, light weights, core and stretching at the barre and on the mat.

Tantric Kundalini Yoga – A blend of postures, pranayama, mantra, and meditation which teach relaxation, healing & elevation.

Vinyasa Flow I & II – Flow classes weave postures at slow & dynamic paces focusing on linking breath and movement.

Yoga for Healthy Aging – Improve range of motion, strength & flexibility while promoting a sense of balance, calm & relaxation

Venues

Outdoor:

- Outdoor classes are held on the lawn within sight of the studio's dedicated off-street (lower level) parking.
- Outdoor classes are weather-dependent. If the weather isn't cooperative, the classes move into the studio. You can watch the [Sanctuary Yoga Facebook page](#) or text Véronique at (269) 598-2083 if you want to know in advance.
- The studio facilities are open during & after class for props, bathroom and changing privacy.

Online (via Zoom):

- Follow the instructions on [the website home page](#) to install Zoom app on laptop or mobile device, pay and attend the class.