



*A Yoga Sanctuary for All*

## **Sanctuary Yoga**

1919 Stearns Ave., Kalamazoo, MI 49008

Phone/Text: 269-598-2083



[Sanctuary-Yoga.com](http://Sanctuary-Yoga.com)

<b>Day</b>	<b>Time</b>	<b>Teacher</b>	<b>Class</b>	<b>Venue</b>
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 I	In person & online
Tuesday	6:00 – 7:15 pm	Véronique	Vinyasa Flow I	In person & online
Wednesday	8:30 – 9:45 am	Lina	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.