Sanctuary Yoga

A Yoga Sanctuary for All

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
2nd & 4th Sunday	1:00 – 3:00 pm	Sara	*Mindfulness Mediation*	In person only
Monday	10:00 – 11:00 am	Kat	*Somatic Yoga*	In person & online
Monday	5:30 – 6:45 pm	Kathe	*Equilibrium: Yoga for Balance & Joy*	In person only
Monday	7:00 – 8:15 pm	Kyle	*Yoga for Men*	In person only
Tuesday	10:00 – 11:15 am	Mary Beth	*Yoga for Healthy Aging*	In person & online
Tuesday	5:30 – 6:45 pm	Véronique	*Slow and Strong Yoga*	In person & online
Tuesday	7:15 – 8:30 pm	Mary Beth	*Yoga for Deep Relaxation*	In person & online
Wednesday	10:00 – 11:30 am	Christine	*Hatha Yoga*	In person only
Wednesday	5:30 – 7:00 pm	Wade	*Tantric Kundalini Yoga*	In person only
Thursday	10:00 – 11:15 am	Mary Beth	*Yoga for Healthy Aging*	In person & online
Thursday	5:30 – 6:45 pm	Véronique	*Vinyasa Flow*	In person & online
Friday	10:00 – 11:30 am	Robin	*Kundalini Yoga: Spiritual Movement and Meditation*	In person only
Friday	5:30 – 6:30 pm	Kat	*Somatic Yoga*	In person & online
Saturday	10:00 – 11:15 am	Mary Beth	*Yoga for Healthy Aging*	In person & online

Class fees: In-studio - single $22, couple $40. Online - single $18, couple $35.

Updated: Sep 9, 2026

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Teachers

Kathe Bowman is RYT 500-hour level.

Sara Houseman is a lay practitioner of mindfulness meditation.

Kiersten "Kat" Barrow is RYT 500-hour level.

Véronique Jewell is ERYT 500-hour level.

Christine Peckels is ERYT 500-hour level.

Mary Beth Thomas is RYT 500-hour level.

Kyle Thompson is ERYT 200-hour level

Robin Whitaker is RYT 500-hour level (in-progress)

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

Classes

Community Yoga – This class is for all, so options are offered in all poses, 50% proceeds to charity!

Mindfulness Meditation – Meditation session in the tradition of Thich Nhat Hahn's Order or Interbeing – sitting, walking, dharma

Somatic Yoga – Somatic Yoga is a Hatha practice designed to gently guide your body through intentional nervous system states

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.

Yoga for Men – All-levels, beginner friendly yoga to improve the places where men are typically stiff and tight.

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

Slow and Strong Yoga – Strengthening poses practiced slowly and safely to improve mobility, flexibility, balance and strength.

Yoga for Deep Relaxation – Restorative yoga provides your nervous system with a chance to fully downshift and recalibrate.

Hatha Yoga – A classical form of yoga asanas for all experience levels with a sprinkling of long-held Yin yoga poses.

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

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

Kundalini Yoga: Spiritual Movement and Meditation – Harmonize the physical, emotional, mental and spiritual energies.

Yoga for Meditation – This class is f**or people with some yoga experience who want to learn how to meditate or prefer a group setting.**

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