



*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)

Day	Time	Teacher	Class	Venue
Sunday	11:30 – 12:45 pm	Véronique	Community 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 Stress Relief	In person & online
Wednesday	10:00 – 11:30 am	Christine	Hatha Yoga	In person & online
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
Thursday	7:15 – 8:30 pm	Mary Beth	Yoga for Meditation	In person & online
Friday	10:00 – 11:30 am	Robin	Kundalini Yoga: Spiritual Movement and Meditation	In person only
Saturday	10:00 – 11:15 am	Mary Beth	Yoga for Healthy Aging	In person & online

Class fees: In person (studio & outdoor) - \$19.00, online - \$16.00. Mary Beth's rates, see [classes page](#).  
 Student discount - \$10 for any class by Véronique, let her know & show student ID if requested.

## **Teachers**

**Kathe Bowman** is RYT 500-hour level.

**Véronique Jewell** is ERYT 500-hour level.

**Mary Beth Thomas** is RYT 500-hour level.

**Christine Peckels** is ERYT 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!

**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 Stress Relief** – For students with some yoga experience who are looking to unwind after the stress of the day.

**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 for people with some yoga experience who want to learn how to meditate or prefer a group setting.