

# The Transformative Yoga Experience

## GREEN HILLS CLASSES

2002 richard jones rd, suite c-102, nashville, tn 37215  
615-297-8797 | sanctuaryforyoga.com



monday			
5:30am - 6:30am	Power Latte	Mixed Level	Rowanne McKnight
9:00am - 10:00am	Vinyasa Flow	Level 1/2	Holly Garcia
10:15am - 11:45am	Vinyasa Flow	Mixed Level	Shannon Hillenmeyer
12:00pm - 1:00pm	Power Lunch	Mixed Level	Tom Larkin
12:30pm - 1:30pm	Vinyasa Flow	Level 1	Melissa Eltringham
5:30pm - 6:45pm	Vinyasa Flow	Level 1/2	Page Hart
6:00pm - 7:15pm	Vinyasa Flow	Level 1	Christa Schoenbrodt
7:15pm - 8:30pm	Vinyasa Flow	Level 1/2	Daphne Larkin
tuesday			
6:00am - 7:00am	Power Latte	Mixed Level	Tom Larkin
8:30am - 9:45am	Vinyasa Flow	Level 1/2	Megan Xidas
9:30am - 10:45am	Slow Flow	Level 1	Holly Garcia
10:15am - 11:45am	Vinyasa Flow	Level 1/2	Page Hart
12:00pm - 1:00pm	Power Lunch	Mixed Level	Rowanne McKnight
5:30pm - 6:45pm	Vinyasa Flow	Level 1	Tom Larkin
6:30pm - 7:45pm	Slow Flow + Restorative	Mixed Level	Kim DeMars
wednesday			
6:00am - 7:00am	Power Latte	Mixed Level	Carson Morris
8:45am - 10:00am	Dharma Yoga	Level 1/2	Page Hart
9:00am - 10:00am	Vinyasa Flow	Level 1/2	Maria Cadena
10:15am - 11:45am	Vinyasa Flow	Level 2/3	Daphne Larkin
12:00pm - 1:00pm	Power Lunch	Mixed Level	Tom Larkin
5:30pm - 6:45pm	Vinyasa Flow	Level 1/2	Daphne Larkin
7:00pm - 8:30pm	Yin Yoga	Mixed Level	Liz Stewart

thursday			
6:00am - 7:00am	Power Latte	Mixed Level	Tom Larkin
8:30am - 9:45am	Vinyasa Flow	Level 1/2	Shelby Baxter
9:30am - 10:30am	Slow Flow	Level 1	Jimmy Joyner
10:15am - 11:30am	Vinyasa Flow	Level 1/2	Page Hart
12:00pm - 1:00pm	Power Lunch	Mixed Level	Tammy Wilson
5:30pm - 7:00pm	Vinyasa Flow	Level 2/3	Tom Larkin
6:30pm - 7:30pm	Candlelight Flow	All Levels	Jimmy Joyner
friday			
6:00am - 7:00am	Power Latte	Mixed Level	Tammy Wilson
8:45am - 10:00am	Vinyasa Flow	Level 1/2	Maria Cadena
10:15am - 11:45am	Vinyasa Flow	Level 1/2	Daphne Larkin
12:00pm - 1:00pm	Power Lunch	Mixed Level	Tom Larkin
12:30pm - 1:30pm	Vinyasa Flow	Level 1	Melissa Eltringham
4:30pm - 5:30pm	Vinyasa Flow	Mixed Level	Jen McCarter
5:30pm - 6:45pm	Vinyasa Flow	Mixed Level	Jenn Offutt
saturday			
8:30am - 10:00am	Vinyasa Flow	Level 1/2	Daphne Larkin
10:15am - 11:45am	Vinyasa Flow	Level 2/3	Daphne Larkin
11:00am - 11:45am	Super Gentle	Level 1	Melissa Eltringham
12:15pm - 1:30pm	Vinyasa Flow	Level 1	Melissa Eltringham
2:00pm - 3:15pm	Anjali Restorative	All Levels	Susi Willis
sunday			
9:00am - 10:30am	Vinyasa Flow	Mixed Level	Danny Brewington
11:00am - 12:30pm	Vinyasa Flow	Level 1/2	Danny Brewington
3:30pm - 4:30pm	Vinyasa Flow	Mixed Level	Jenn Offutt
6:00pm - 7:30pm	Yin Yoga	Mixed Level	Liz Stewart



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## ACME FEED & SEED CLASSES

101 Broadway, Nashville, TN 37201 (at 1st Ave S)  
615-297-8797 | sanctuaryforyoga.com

Returning Spring 2018

see website for dates

## CLASS LEVELS

(see website for full descriptions)

### Level 1 - Brand New Beginners

Designed for beginners, these classes provide a safe environment and are suitable for anyone to experience the benefits of yoga and learn the basics. Focus is on the correct alignment of basic postures within one's own body and basic transitions between postures. No experience or flexibility required.

### Level 1/2 - Beginners and Beginning Intermediate

These classes are for both continuing beginners and students who are ready to step up the pace of their practice. Classes are a moderate blend between the basics of Level 1 and the more advanced pace and practice of a Level 2 class. Open to all levels including beginners with a solid understanding of the basics.

### Level 2 - Advanced Beginners & Intermediate

These classes are for both advanced beginners and students who are ready to step up the pace to build strength, increase flexibility, and breath awareness through more advanced variations and vigorous pace. A wider range of poses, transitions and sequences will be introduced. Open to all levels including beginners with a solid understanding of the basics.

### Level 3 - Intermediate & Advanced Students

For students with an on going practice, these classes offer a more challenging practice to help you go deeper by working on more advanced postures and methods of practice. Recommended for students with at least 12 months consistent practice. Not suitable for beginners.

### All Levels

These classes are designed to accommodate all experience levels in one class. These moderately paced classes offer modifications and variations suitable for new beginners to advanced students. Suitable for ALL students.

### Mixed Level

These moderately paced classes are designed to accommodate a variety of experience levels in one class. Modifications are given for more beginning variations of postures as well as invitations, to those more experienced, for more intermediate or advanced forms. Not suitable for new beginners.

## CLASS PRICING

(see website for all available pricing options)

Yoga Class Rates	Price	Expires in
Single Class	\$18	--
5 Class Series	\$75	1 year
10 Class Series	\$130	1 year
20 Class Series	\$220	1 year

**Memberships and Student Pricing Available**

## CLASS STYLES

(see website for full descriptions)

### Sanctuary Vinyasa Flow

Our signature style integrates breath and movement, inner and outer alignment, strength and flexibility accompanied by music for a rejuvenating and balancing effect. The classes are ritual flowing journeys that respond to the changing needs of life by infusing the highest quality of teaching with a transformative approach to yoga.

### Anjali Restorative Yoga

Anjali Restorative Yoga is a rich practice of deep and meditative support, both physically and emotionally. The practitioner is held by bolsters, pillows and blankets for sustained periods of time in deeply rejuvenating postures.

### Candlelight Flow

Peel away the layers of your day as you melt into your mat surrounded by the gentle glow of candlelight. Music and the movement of your body in deep connection to your breath will heal, transform and awaken your heart while de-stressing your mind. Low to moderate intensity, all levels welcome!

### Dharma Yoga

A challenging and physically absorbing vinyasa series created by Sri Dharma Mittra, which reintegrates and facilitates the flow of prana into all areas of the physical, metabolic, intuitive and bliss bodies.

### Power Lunch

Our version of a high power lunch will restore, revitalize, and renew your body and spirit. The physical nature of the class heats the body from within giving you the opportunity to wring out the stresses of the morning grind.

### Slow Flow

Providing the same transformative benefits as our signature Sanctuary Vinyasa Flow class but with a slower pace. A foundational flowing practice that is challenging in its own way. A perfect class for beginners or anyone who wants to slow things down while continuing to grow in their practice.

### Slow Flow + Restorative

This slower paced class provides all the benefits of our signature Sanctuary Vinyasa Flow classes with the added benefit of Restorative postures to end the session. Through a foundational flowing series designed to warm and open the body, you are prepared to receive the rejuvenating power of postures supported with bolster, blankets and/or blocks to rejuvenate the body and mind.

### Super Gentle

Mild and meditative 45 minute slow flow class for all shapes and sizes, utilizing props and breath-work, and encouraging self acceptance and laughter. No experience preferred, all are welcome. Join us!

### n Yoga

Yin Yoga uses long, passive holds, 3 -10 minutes, to work on the deep, dense connective tissues of the body, which are difficult to energize and open.

### Yoga Brunch (Seasonal at ACME)

These mid-morning transformative flowing classes are designed to cleanse the body of tension through breath inspired movement which leaves you feeling energized and alive; just the way you should feel on a weekend morning.