

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 - 11:30am | 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 |
| 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

| | | |
|------------|------------------|----------------|
| 2018 DATES | May 5 & 19 | June 2 & 16 |
| | July 14 & 28 | August 4 & 18 |
| | September 8 & 22 | October 6 & 20 |

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!

Yin 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.