

The Transformative Yoga Experience

Green Hills Studio [2002 richard jones rd]



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

monday			
8:30am - 10:00am	Anusara® Yoga	Level 1/2	Stephanie Perry-Bush
10:15am - 11:45am	Dharma Yoga	Level 1/2	Jessalynn Hakanson
12:00pm - 1:00pm	Power Lunch	Mixed	Tom Larkin
12:00pm - 1:15pm	Om Grown Mamas	Pre-natal	Jessalynn Hakanson
5:30pm - 7:00pm	Vinyasa Flow	Level 1/2	Page Hart
7:15pm - 8:30pm	Vinyasa Flow	Level 1/2	Daphne Larkin
tuesday			
6:00am - 7:00am	Power Latte	Mixed Level	Tom Larkin
8:15am - 9:45am	Vinyasa Flow	Level 1/2	Tom Larkin
9:30am - 11:00am	YinYasa	Mixed Level	Tisha Morris
10:15am - 11:45am	Vinyasa Flow	Level 1/2	Page Hart
12:00pm - 1:00pm	Power Lunch	Mixed Level	Jessalynn Hakanson
5:30pm - 6:45pm	Vinyasa Flow	Level 1	Tom Larkin
7:00pm - 8:30pm	Candlelight Flow	All Levels	Tisha Morris
wednesday			
8:30am - 10:00am	Gentle Flow	Level 1	Laurel Walsh
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	YinYasa	Mixed Level	Liz Stewart
thursday			
6:00am - 7:00am	Power Latte	Mixed Level	Tom Larkin
8:15am - 9:45am	Vinyasa Flow	Level 1/2	Tom Larkin
10:15am - 11:45am	Vinyasa Flow	Level 1	Page Hart
12:00pm - 1:00pm	Power Lunch	Mixed Level	Jessalynn Hakanson
5:30pm - 7:00pm	Vinyasa Flow	Level 2/3	Tom Larkin
7:15pm - 8:30pm	Vinyasa Flow	Level 1/2	Raquel Bueno
friday			
8:30am - 10:00am	Vinyasa Flow	Level 1/2	Jessalynn Hakanson
10:15am - 11:45am	Vinyasa Flow	Level 1/2	Daphne Larkin
10:30am - 11:45am	Om Grown Mamas	Pre-natal	Jessalynn Hakanson
12:00pm - 1:00pm	Power Lunch	Mixed Level	Tom Larkin
5:30pm - 6:45pm	Yin Yoga	Mixed Level	Liz Stewart
5:30pm - 6:45pm	Vinyasa Flow	Mixed Level	Brent Coleman
saturday			
8:30am - 10:00am	Vinyasa Flow	Level 1/2	Daphne Larkin
10:15am - 11:45am	Vinyasa Flow	Level 2/3	Daphne Larkin
12:15pm - 1:30pm	Vinyasa Flow	Level 1	Laurel Walsh
sunday			
9:00am - 10:30am	Vinyasa Flow	Mixed Level	Danny Brewington
11:00am - 12:30pm	Vinyasa Flow	Level 1/2	Danny Brewington
1:00pm - 2:15pm	Yoga Gives	Level 1/2	Raquel Bueno
6:00pm - 7:30pm	Yin Yoga	Mixed Level	Liz Stewart

CLASS DESCRIPTIONS

(see website for full descriptions)

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.

Anusara® Yoga

Build a solid foundation using Anusara® yoga's Universal Principles of Alignment™. You can expect a dynamic class - going deep into fundamental poses to open and celebrate your highest potential in body, mind, and heart.

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.

Dharma Yoga

A challenging and physically absorbing vinyasa series created by Sri Dharma Mittra. They reintegrate the flow of prana throughout the spinal column and facilitate the movement of the vital life force deep into all areas of the physical, metabolic, intuitive and bliss bodies.

Gentle Flow

Providing the same transformative benefits as our Vinyasa Flow class but with a gentler, easier pace.

Om Grown Mamas

Make room to bloom into motherhood and prepare for the transformation of childbirth. This class will offer an empowering path rooted in divine feminine creative power that rises to birth and motherhood.

Power Latte

This early morning transformative flowing class is designed to cleanse the body of tension and leave you feeling energized and alive; all without that morning 'cup of joe'.

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.

YinYasa

This class is our version of the perfect end to a long day. Enjoy 30 minutes of a strong vinyasa flow practice followed by an hour of Yin Yoga. The challenging flow will build heat and give you just what you need to surrender into a deep Yin practice.

Yin Yoga

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

Yoga Ballet Balance

This class embodies the grace inherent in both ballet and vinyasa flow yoga to create an energetic and flowing practice with an emphasis on alignment, flexibility, core work and balance.

The Transformative Yoga Experience

The Gulch Studio [501 12th ave s]



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monday			
10:30am - 12:00pm	Vinyasa Flow	Level 1/2	Dawn Cunningham
12:30pm - 1:30pm	Power Lunch	Mixed Level	Liz Workman
5:30pm - 6:45pm	Vinyasa Flow	Level 1/2	Brooke Rosolino
tuesday			
10:30am - 12:00pm	Vinyasa Flow	Level 1/2	Angie Kirk
12:30pm - 1:30pm	Power Lunch	Mixed Level	Tom Larkin
5:30pm - 6:45pm	Vinyasa Flow	Level 2	Liz Workman
7:15pm - 8:30pm	Yoga Ballet Balance	Level 1/2	Christine Rennie
wednesday			
8:30am - 10:00am	Vinyasa Flow	Level 2	Tom Larkin
10:30am - 12:00pm	Vinyasa Flow	Level 1/2	Melissa Eltringham
12:30pm - 1:30pm	Power Lunch	Mixed Level	Liz Workman
6:00pm - 7:15pm	Vinyasa Flow	Level 1/2	Raquel Bueno
thursday			
10:30am - 12:00pm	Vinyasa Flow	Level 1/2	Jessica Pruitt
12:30pm - 1:30pm	Power Lunch	Mixed Level	Tom Larkin
5:30pm - 6:45pm	Vinyasa Flow	Level 2/3	Daphne Larkin
7:15pm - 8:30pm	Candlelight Flow	Level 1	Dawn Cunningham
friday			
10:30am - 12:00pm	Vinyasa Flow	Level 1/2	Dawn Cunningham
12:30pm - 1:30pm	Power Lunch	Mixed Level	Melissa Eltringham
saturday			
9:00 - 10:30am	Vinyasa Flow	Level 1/2	Raquel Bueno
11:00am - 12:30pm	Vinyasa Flow	Level 1/2	Melissa Eltringham
sunday			
9:00 - 10:30am	Vinyasa Flow	Mixed Level	David Smith
11:00am - 12:30pm	Vinyasa Flow	Level 1	Dawn Cunningham

CLASS PRICING

1st class FREE to residents of Greater Nashville, TN

Class Rates	Price	Expires in
Single Class	\$15	--
5 Class Series	\$65	5 months
10 Class Series	\$110	5 months
20 Class Series	\$200	5 months

Memberships and Student Pricing Available
(see website for all available pricing options)

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 of their practice. These classes build strength, increase flexibility, and breath awareness by presenting poses in a more challenging way and with more variations and flow with more vigor in pace. A wider range of poses and more creative 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 classes are designed to accommodate a variety of experience levels in one class. In these moderately paced classes, modifications will be 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.



The Gulch



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