

## DIRECTIONS



### From Downtown:

Take Broadway Northeast towards the river. Take a right on 1<sup>st</sup> Ave South. Turn left onto Gateway Blvd / Gateway Bridge. After crossing the bridge, Gateway Blvd turns into Shelby Ave. Continue on Shelby and take left onto 11<sup>th</sup>. At the first stop sign take a left onto Fatherland.

### From South & West Nashville:

Take I-65 N to I-40 E. Merge onto I-24 W towards Clarksville. Take Exit 49 Shelby Ave/ Coliseum. Keep left at the fork to continue on 4th St. Turn right onto Shelby Ave. Turn left onto 11<sup>th</sup> St. At stop sign take left onto Fatherland.

## KALI YUGA YOGA

1011 Fatherland Street  
East Nashville, TN 37206

615.260.5361 ✉ [info@kaliyugayoga.com](mailto:info@kaliyugayoga.com)  
[www.kaliyugayoga.com](http://www.kaliyugayoga.com)

KALI YUGA YOGA  
1011 Fatherland St.  
Nashville, TN 37206

# KALI YUGA YOGA



YOGA THERAPY  
FOR CITIZENS OF  
THE KALI YUGA

# WELCOME TO KALI YUGA YOGA

## A YOGA THERAPY STUDIO

As described in Hindu scriptures, the Kali Yuga is one of the four stages of development that the world goes through as part of the cycle of Yugas. Each Yuga is like the season of a super-cosmic year, starting with the Golden age of Purity or Satya Yuga and negatively progressing in a descending spiral to the Kali Yuga or Iron Age. Here the quality of life is so far removed from the knowledge of truth and Natural Law that man is debilitated by his own devices.

Kali Yuga Yoga holds its roots in the philosophy that we can use yoga as physical therapy to reverse the effects of the Kali Yuga. We manipulate ourselves with asanas or physical poses to control both the involuntary and voluntary actions of the body, cleansing us both inside and out. By changing the way our blood flows, deepening our natural breath, and opening our joints we can effectively send oxygen into various parts of the body to repair tissues and restore all systems for optimal health.

Come experience and discover first hand what yoga can do to heal your mind, body and heart. We look forward to practicing with you soon~

SHANTI ANANDA,

ॐ Leah

## OUR SCHEDULE

	U	M	T	W	R	F	S
9:30	🕯️+🌊	💧	🌊	🕯️	🌊	💧	🕯️
4:30	💧	🌊	🕯️	💧	🕯️	🌊	🌊+🕯️
6:30		🌊	🕯️	💧+🌊	🕯️		

*Based on the principles of Ayurveda, the Vedic science of health and wellness, yoga styles are defined by the Doshic system. All classes run between 75 and 90 minutes and are conducted in a warm room (77+ degrees) to keep muscles comfortable and relaxed, although temperatures will vary. Schedule runs from August- December 23, 2008.*

### 🌊 VATA ~Wind

Vata sessions are highly active Vinyasa/ flow classes. Be prepared to be challenged and truly explore your practice to its limits.

### 🕯️ PITTA ~Fire

Pitta sessions are based upon the Barkan Method for Hot Yoga. The class includes sequences of yoga postures practiced in a highly heated room (100+ degrees) to stretch and strengthen various areas of the body.

### 💧 KAPHA ~Water

Kapha sessions focus on restoring and repairing the body. Deep stretches using breath and meditation complement the relaxing elements of this practice.

### 🕯️+🌊 PITTA+VATA ~Fire & Wind

The Pitta+Vata class merges the elements of the Pitta and Vata practices by incorporating Vinyasa or flowing sequences of postures together in a highly heated room (100+ degrees).

### 💧+🌊 KAPHA+VATA ~Water & Wind

Combining the qualities of the Kapha and Vata sessions, this class integrates Restorative poses into a Vinyasa or flow practice by linking poses together.

### 🌊+🕯️ VATA+PITTA ~Wind & Fire

The Vata+Pitta session takes the active Vinyasa/ flow practice of the Vata class into a very warm room (85+ degrees), embodying the concept of Power Yoga.

*Instructors at Kali Yuga Yoga are prepared to help educate and guide students in their choices for which classes may be more suited to one's individual needs. Feel free to contact us with any questions- [info@kaliyugayoga.com](mailto:info@kaliyugayoga.com)*

## FEES & PACKAGES

Single Class	\$13
1 Week Unlimited	\$45
10 Class Series	\$120
15 Class Series	\$160
25 Class Series	\$225
1 Month Unlimited	\$135
3 Month Unlimited	\$375
1 Year Unlimited	\$1200
Mat/ Towel Rental	\$2
Vitamin/SmartWater	\$2-3

Please wear comfortable form fitting clothes and if you have your own mat, bring it with you. We recommend you bring water and a towel as well. Be sure to arrive to class on time or 15 minutes early if it's your first class. For any other questions feel free to contact us- [info@kaliyugayoga.com](mailto:info@kaliyugayoga.com)

## ABOUT OUR DIRECTOR

Leah Lillios, a trained modern dancer, has been practicing yoga for over nine years. With concentrations in Vinyasa, Restorative and Barkan Method Hot Yoga, Leah became a Certified Instructor and Registered Yoga Teacher through Jimmy Barkan's Yoga College Of India in Ft. Lauderdale, Florida. Upon moving to Nashville, Leah led classes at local studios and at the Cool Springs YMCA for over four years. Recently she instructed at the Magnolia Day Spa in East Nashville, the American Cancer Society's Hope Lodge and served as President of the Kali Yuga Yoga Club. She opened Kali Yuga Yoga in May of 2007.