

SANCTUARY STATION

Yoga & Meditation with Beth Evans

Discover YOUR way to create personal FREEDOM through choice



I serve those who **suffer** from symptoms caused by trauma, chronic stress, and anxiety. I will provide you with empowering choices to **find ease and release** through movement, meditation & self-regulating tools that allow you the safety & education to create YOUR personal **FREEDOM** .



HELLO FROM BETH!

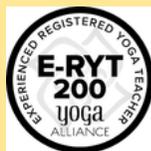


Welcome to Sanctuary Station Yoga & Meditation:

Find your **FREEDOM of CHOICE** to control **your own inner peace**, anytime and anywhere. Here you can release your old patterns, restore and find ease in your new story. I love to empower you with your own self regulating tools and how you in Sanctuary to reconnect and unite your breath, mind, body and spirit.

This is your invitation to take a time for self care, to release judgement and anticipation and receive acceptance and love. I provide a calm place to be gentle or to challenge yourself and find the your own calm in the toughest chaos or situations, like dialing into your favorite radio station -no matter where you are in your journey, you will find a familiar friend - YOU! If the only constant in life is change- cultivate your Inner Peace and enjoy, without fear of your constant evolution. You have an open invitation to practice with me in studio, outdoors or in the privacy of your own home.

Welcome hOME to YOU!!





SESSIONS & SERVICES

Bridge the gap from where you are and how you feel to where you want to be and **HOW** you want to feel.

Private Virtual Sessions

60 minutes

customized specifically for you and your needs.

Spiritual mama meets you where you're at.

Breathwork, meditation, trauma-release, movement, breathwork + restorative/relaxing postures.

Each session allows you to find the area with the most discomfort + most dis-ease of physical, mental and emotional reaction.

Each area will be specifically addressed for what's coming up for you, individually

Takeaways: One Breathwork for your dis-ease, one or 2 movements to release the discomfort in your body + mantra/meditation to work on for the week.

Tools to be able to utilize for your specific lifestyle, customized for your unique goals. Regulation tools to teach you how to stop the cycle of reaction

**all ages, all levels welcome*



Online Memberships

Weekly Meditations

Weekly Yoga Videos

Yoga for Introverts

Lunar Ceremonies

Sharing Circles

**all ages, all levels welcome*



Classes & Workshops

Public Classes

Private Classes

Overcome Anxiety Worksoop

Trauma Informed Classes

Trauma Release Series

Breathwork Series

Meditations and more...



CLIENT TESTIMONIALS

NATURAL TEACHER

Beth is a warm and kind yoga instructor and class facilitator. She has a wealth of personal experience and knowledge that she is always willing to share. Beth was excellent at allowing my path to unfold naturally, without pushing an agenda or class schedule. I took away the bits and pieces that I needed from the anxiety yoga course (ONYX) Beth taught. I didn't feel like I had to try to master every technique or be the "perfect" student. After the anxiety yoga course, I find that I am more calm and grounded. I have some great tools, taught by Beth, to shift my emotional state when I have been triggered. I feel more confident both in my yoga journey and everyday life.

Thank you Beth!"Deanna H."



Safety & Support

"I found nowhere else, either private or small classes that provides as safe and trauma sensitive yoga practice as Beth's classes. I feel calmer and more relaxed after each one."

-Retired Veteran



The VOICE!!!!

Thank you for providing such a safe and comfortable place" *Your voice is so soothing - let me know when you have another Nidra workshop*" Kevin K.

"When I feel exhausted and overwhelmed I close my eyes and listen to what you taught me - you help me find the calm in my chaos- I am forever grateful!" Sonja X.



LET'S WORK TOGETHER!

Online Platforms Available
Available to travel to YOU

ebabevans@gmail.com
Info@sanctaurystationyogameditation.com

Phone Number
(303)947-9954



FREEDOM FINDER

Freedom Finder...

virtual 1:1 sessions

- * **How to stop the cycle of reaction**
- * **Identify trigger points**
- * **Discover the blocks of what dysregulates you and**
- * **Find your FREEDOM with tools that work**
- * **Break your cycles of reaction**

First Session 1:1 – price \$75 **intro offer \$55**

5 week series – price \$70/class \$350

10 week series – price – \$65/class \$650

OR 2 payments of \$350