

# INNER LIGHT YOGA

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After marrying in 2015, Emmy and Lee Singer began dreaming of leaving the corporate world behind and opening a fitness business together. This dream took them to California where Emmy, a full-time yoga instructor, discovered a new style of music-based vinyasa yoga. This new approach revolutionized the way she saw yoga and made her feel more comfortable than ever during her favorite workout. With a desire to bring this music-based practice to Music City, Emmy and Lee moved back to their beloved Nashville and opened Inner Light Yoga in March of 2017. This powerhouse couple mixes Emmy's love of yoga and music and Lee's seasoned experience as an entrepreneur into a thriving business focused on making their yoga studio feel like a second home to its patrons. For Emmy and Lee, ILY is not just a business. It's their hopes and dreams. They've added opportunities within the community and given Nashvillians a place to gather, be renewed and fulfilled, all to a unique beat of music and nonstop fun. For more information, please visit [InnerLightYogaNashville.com](http://InnerLightYogaNashville.com).

## What Makes Inner Light Yoga Unique?

- ILY combines the natural rhythms of the body through vinyasa yoga with energizing, dance-inducing rhythms of music.
- Each class has a specialized playlist that will get the heart rate up while moving and stretching the body. With playlists themed around Beyoncé, Madonna, Usher, hits of the 80s and so much more, you'll feel the urge to sing along while breaking a sweat. And, every playlist is available on ILY's Spotify account. Don't see your favorite tunes? You can request new music be incorporated via the studio's website.
- More than just yoga, the studio regularly hosts various events, live performances, educational classes and giveaways.
- Since opening in the spring of 2017, ILY has been featured in national and local outlets including: The Tennessean, Shape, Nashville Lifestyles and others. Additionally, Nashville Fit Magazine named ILY the second best yoga studio in 2017.
- ILY is a non-toxic, chemical free studio. Pair the toxic-free studio with creative instructors, members are guaranteed to restore their body and soul from head to toe, all while having fun!
- Whether you're a beginner or a pro, a restorative guru or a vinyasa goddess, ILY's seven unique classes have something for everyone. "All levels are welcome, poses and alignments are broken down, modifications are given, and if you find you're lost with the flow, everything is a suggestion. We are all about pushing you to the limits while providing a safe space to figure it out and laugh it off. Because at the end of the day, it's just yoga. If you're there and you're breathing, you're crushing it."

“ West coast vibe with southern hospitality. ”



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Located in Nashville's 12South neighborhood, Inner Light Yoga provides a fresh take on vinyasa yoga with its music-driven classes. ILY, like Nashville, takes music very seriously. Each class is intelligently sequenced and designed around music to move, push and strengthen the body. You'll find yourself stretching, dancing and even singing along to everything from Fleetwood Mac to Usher. Unlike most workout classes, the focus is on fun and not experience level. The instructors make each class feel like a party with loud music and suggested poses. The wide variety of tunes helps you relax, have fun and find your physical edge.



**With hustle and heart, anything is possible.**

## Classes Offered



### Vivid Flow

A fast-paced vinyasa class that empowers you to move and flow at your own pace. Adding, taking away, or straight up dancing in this yoga party is always encouraged.

### Ignite Flow

This class provides detailed cues and instructions all while feeling like you're at a yoga party!

### Radiant Vinyasa

Slow down with a guided class that gives you the opportunity to break down and workshop certain poses within the flow. Music is still the backbone, but there is a bit more guidance from the teacher through the entirety of the class.

### Flash Flow

A condensed version of Vivid Flow that still gives you the strength and sweat you're looking for.

### Luminous Restorative

Hit the reset button from a stressful day. Scheduled in the evenings, this class is slow and gentle with blackout shades and essential oils diffusing.

### Vivid Restore

The best of free flow and restorative combined for a 75-minute music driven experience.

### \$10 Delight

Make your lunch hour fun and fulfilling while saving some money.

“Practicing at ILY reminds me that yoga is less about the asana and more about the connection, the breath, and the dance party feels when the teacher turns up the jams and I get to flow to the beat. There's a sign in the hall that says, 'Here you are welcomed. Here you are loved.' It is the best way to sum up how I feel every time I step through the door.”

– **Jamie P., OG Member**

“From the beautiful smiling faces when I walk in the door, to the amazing beats, to the fresh vibes and the fun flow sequences, it's the perfect place to start my day! I knew after the first day I walked through those doors that I was here to stay. It was love at first flow. I love this place, I love these people.”

– **Lindsey G., OG Member**