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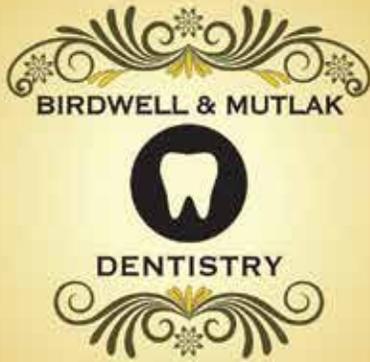
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YOGA FOR EVERYBODY

FREE FLOW YOGA OFFERS EVERYTHING FROM TRADITIONAL YOGA CLASSES TO FUN FUSION CLASSES.

BY JASON ZASKY

Suzanne Banker, owner and lead instructor at Free Flow Yoga, knows there's a stigma attached to yoga, because there was a time when she felt it herself. "I thought yoga was boring and slow. I just wanted to do my workout and be done. A lot of people have that mindset," she says.

Now Banker has the perfect vehicle to counter that stigma in the form of Free Flow Yoga, a new, fusion-type yoga studio on Rural Plains Circle in Berry Farms, one that offers everything from traditional yoga to classes designed to appeal to cardio junkies and people who love CrossFit.

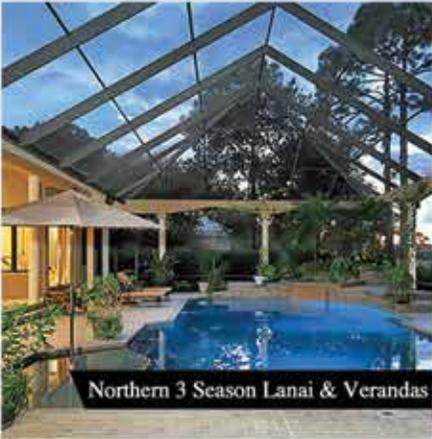
What changed Banker's opinion of yoga was learning from "some amazing instructors," many of whom have come on board

to teach at Free Flow Yoga. "I realized that people need yoga, not just for their flexibility and mobility but also for their mental sanity—and so we can age well. As we get older, things like getting up off the floor and having the toning and strength that we need as we age is so important," she says.

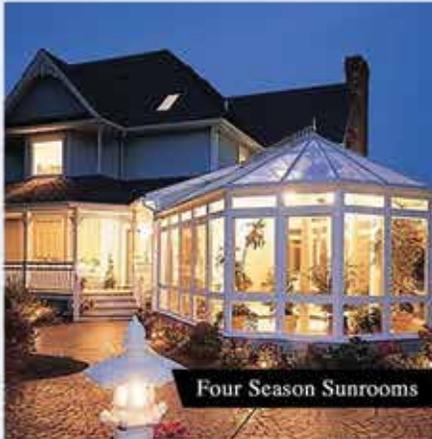
More than that, she says her ultimate goal was to create a studio where everyone feels comfortable, and no one feels nervous or intimidated by the atmosphere. "We make sure that every client can come in and find the classes that they need," begins Banker, who also owns The Barre at Berry Farms, a Barre studio on Hughes Crossing in Berry Farms.

"We have a lot of moms that just want to come and sweat and get their stress out and have a place they can be themselves for an

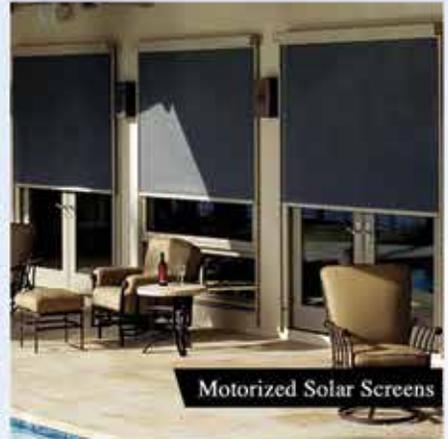
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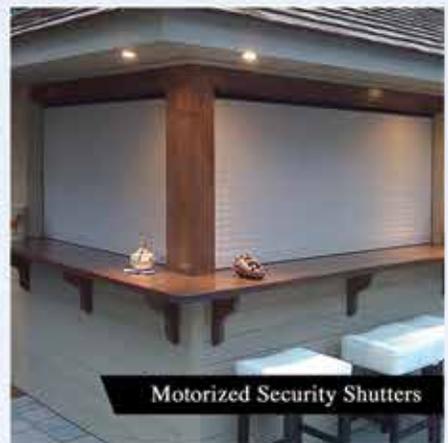
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< FROM PAGE 6

hour,” she adds. “We also have a lot of guys who are athletes who are doing yoga a couple times a week to increase their flexibility, because they recognize that a lack of flexibility inhibits their ability to play well.”

Free Flow Yoga also offers a class designed for teen girls who are in high school and college. And the studio has attracted its fair share of seniors and the elderly, not to mention people who have been through injury or a car accident and want to get back to movement. “We have some couples who are older and have their injuries and issues, and we have tailored classes to help them,” says Banker, noting that her instructors commonly help seniors who have had a hip or knee replaced.

Finally, the facility also features a Wi-Fi-equipped café, including a grab-and-go that features locally made juices and health foods from &3Foods and Nashville Craft Beverage Co. “They are two outstanding local chefs who prepare everything on-site and re-stock our cooler a couple of times a week,” Banker advises. “It’s great for people who are coming to or from work. They can stop in, take a class, get their food and get on with their day,” she says.

SAFETY PRECAUTIONS IN THE AGE OF COVID-19

Of course, at Free Flow Yoga, they are also taking precautions to protect clients from COVID-19, limiting all class sizes to half-capacity, wearing masks, and implementing very strict protocols for cleaning and disinfecting surfaces. Banker & Co. are also prepar-

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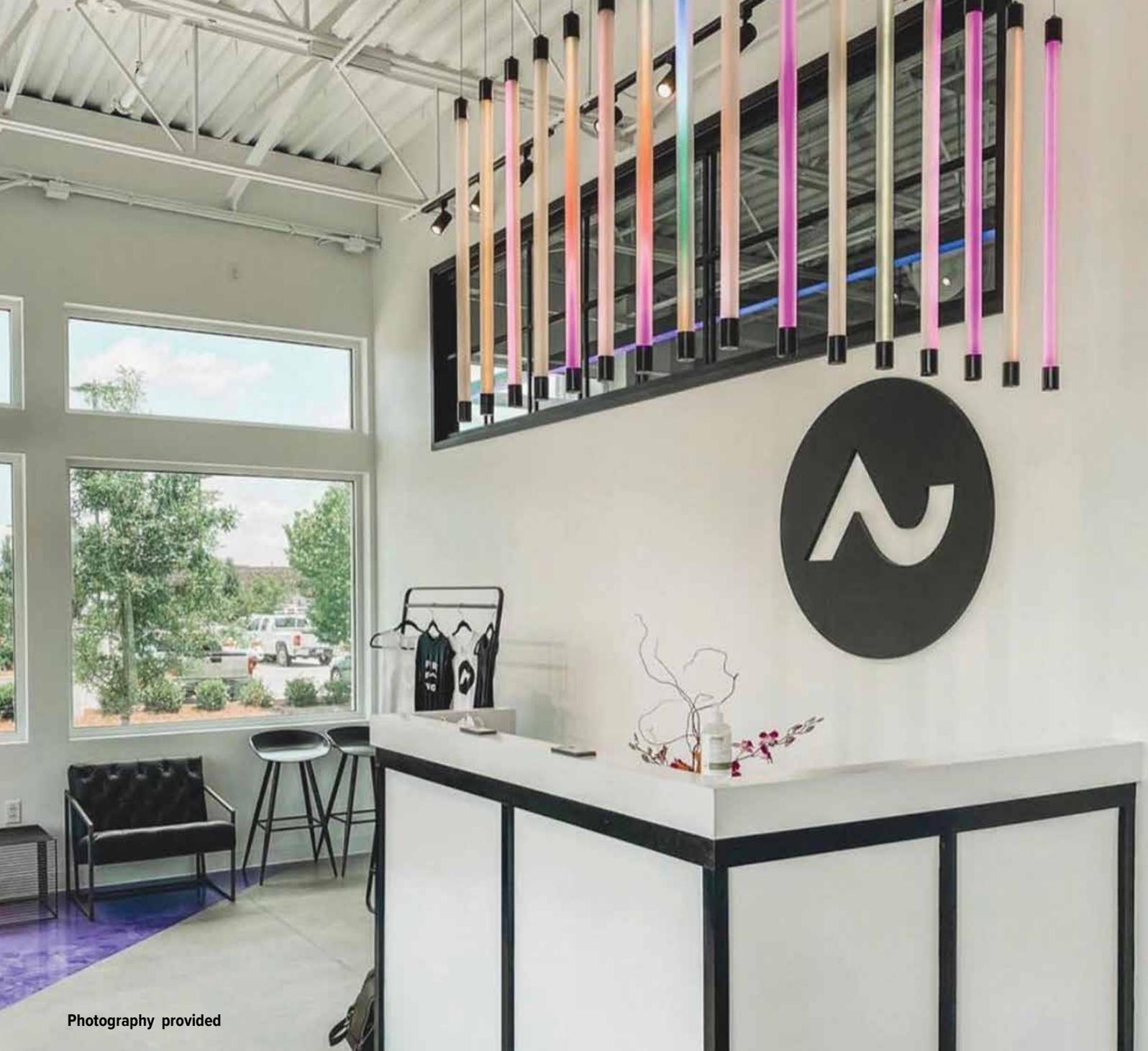
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< FROM PAGE 8

ing to offer classes online via an-house filming station, in case there is another shutdown this fall or winter.

Free Flow Yoga is also beginning to offer pop-up classes outdoors—including yoga in the park. “A lot of people feel more comfortable being outside versus being in a building, so we are trying to have those classes a few times a month,” says Banker.

INTRO FLOW

As for how to get started with Free Flow Yoga, Banker recommends taking advantage of Intro Flow, a \$39 introductory special that allows for two weeks of unlimited classes. “Some people will sign up and take one or two classes every day—you can do as

many as you want,” she says. “We encourage people to do that over a \$25 drop-in class because you might come to a class and find out it’s not really your jam. We want people to have the opportunity to find instructors or class formats that you really connect with.”

It all goes back to the idea of wanting everyone to feel part of what is already a fun, vibrant community. “We just want people to feel free to come and be themselves and feel comfortable. There is no judgment or snobby attitudes,” emphasizes Banker. You can come and lay on the mat and chill, or you can push hard—whatever you need.”

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THE TUTORING CENTER

SUPPORTING STUDENTS AND PARENTS WITH ACADEMIC HELP IN THESE CHALLENGING TIMES

JASON ZASKY

Thanks to COVID-19, making academic progress has become more difficult for students of all ages.

“Without academic intervention, kids are falling behind,” says Joshua Powers, director of The Tutoring Center, which offers in-person tutoring at its facility on Hughes Crossing in Franklin, and also through online programs—all of which exist to help students reach their academic goals.

According to Powers, it’s easy to underestimate the impact of time missed from school. But when you step back to think about it, it’s just common sense: less time spent in the classroom means it’s more difficult for students to keep up with a well-defined curriculum.

“Students who had been on grade level—on track their entire lives—came to an academic halt or even lost some months because they haven’t had traditional school since March,” explains Powers. “Our kids here at the Center are either maintaining the pace or have kept on track with our original projections. Generally,

we see about a year’s worth of improvement [in 5 to 6 months], so our kids, even without school were still able to hit that marker because of either in-person or Zoom tutoring.”

SOCIAL DISTANCING AND OTHER SAFETY PROTOCOLS

Of course, like all businesses, The Tutoring Center has had to change with the times. Prior to the COVID-19 pandemic, all tutoring was in-person. Today, about 75 percent of the Tutoring Center’s clients are still taking advantage of one-on-one, in-person services, but 25 percent now choose an online program.

As for the in-house tutoring, the Center has embraced social distancing and also limited occupancy to half-capacity. “We’re allowed to be at full capacity, but for peace of mind and for parents’ peace of mind we have kept everything at half-capacity,” explains Powers, noting that all instruction is six feet away—and all students are wearing face masks.

As for those parents and students who prefer online tutoring, that comes with its own advantages and disadvantages, but one of

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< FROM PAGE 12

the potential benefits is getting accustomed to distance learning. “Odds are that kids are going to do at least some online school next year,” says Powers. “At the very least what our platform will provide is a more hands-on approach to what they would see at school. So the preparedness for next year is a big factor.”

HOW TO GET STARTED

What hasn’t changed, though, is the process for getting started with the Tutoring Center. “The biggest thing is we need to know where a student’s academic skills are,” says Powers. “I’m not going to assume a student is at fifth-grade math because that’s what they are going to be taking in a couple weeks.”

The first step is a free diagnostic assessment that includes the Kaufman Test. “It’s a \$200 test at other learning centers, but with us it’s free,” notes Powers. “The assessment also includes a free consultation where you meet with one of our experts, and we walk you through the test results and talk about our program.”

ACT PREP

Meanwhile, the Tutoring Center is still helping students prepare for the ACT, with the goal of helping them earn scholarship money—and in effect, pay for the cost of the program.

“Our ACT program is roughly \$2,700, which gets you 64 hours or tutoring,” begins Powers. “Our goal is for students to get at least \$4,000 worth of scholarship money that they wouldn’t have gotten without their ACT score increasing. I always tell parents, yes, it’s a lot of money but it’s more than a 150% return on your investment, and that’s the way they should look at it.”

But to maximize one’s investment, it’s best to reach out to the Center more than four months prior to the next test date. “The rule of thumb is that every month you are with us equals a point,” emphasizes Powers. “If you’re with us for two months you’ll get roughly two points higher. If you’re with us for four months you will see a three to five point improvement.”

Powers says it’s also advisable to think ahead when it comes to tutoring—to look at the next semester in advance before it happens, kind of like how athletes prepare for a season by going to training camp. “It’s like football season. You don’t just show up, you need to prepare six weeks ahead of time,” Powers concludes. “That’s when students are most successful.”

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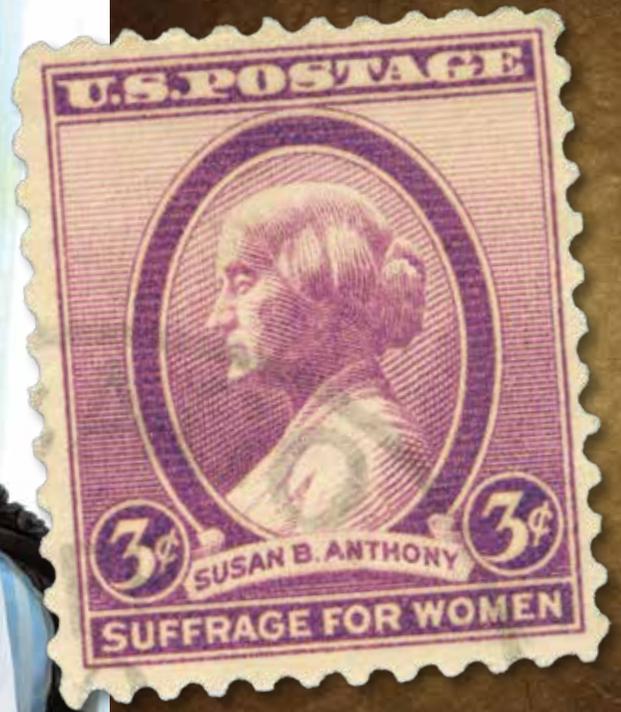
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Lotz House staff member Kelly Kautzman will guide the one-hour tour. Photography provided.

LOTZ HOUSE LAUNCHES WOMEN'S HISTORY TOUR AUGUST 1

TOUR COINCIDES WITH THE UPCOMING 100TH ANNIVERSARY OF TENNESSEE BECOMING THE 36TH STATE TO RATIFY THE 19TH AMENDMENT

Lotz House Executive Director Thomas Y. Cartwright announced today the Lotz House will launch a specialty tour focusing on women in history to coincide with the upcoming 100th Anniversary of Tennessee becoming the 36th state to ratify the 19th Amendment, making women's suffrage legal in the United States.

Lotz House staff member Kelly Kautzman will guide the one-hour tour, which will explore what civilian life was like for women in the 1860's as well as the compelling experiences that molded Matilda Lotz as a young girl growing up during the Battle of Franklin. She turned six-years-old the day before the battle. She later grew up to become a famous portrait artist winning honorable mention for her work exhibited at the Paris Salon. She was the first woman to be honored by the Paris Academy of Painting, receiving two gold medals for her work.

Kautzman has worked at the Lotz House since 2018 and has enjoyed exploring the lives of women in history. Prior to the Lotz House, she worked at Travelers Rest and the Battle of Franklin

Trust. She said, "When I first came to the Lotz House I was mesmerized by the story of Matilda Lotz's sheltered life and how she grew to become a strong, talented woman whose artwork is highly sought after, even today. I enjoy sharing her story along with stories of the other women of the times with our visitors."

The Women's History Tour is held every Monday, Wednesday, Friday, and Saturday at 3:30 p.m., and reservations are required by calling 615-790-7170 or emailing jtt@lotzhouse.com. Tickets are \$25 for adults, \$12 for children 7 - 13 and ages 6 and under are free.

Guided tours of the Lotz House are \$12 for adults, \$11 for seniors, \$6 for children ages 7-13 and ages 6 and under are free.

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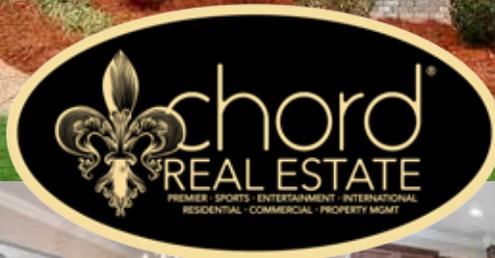
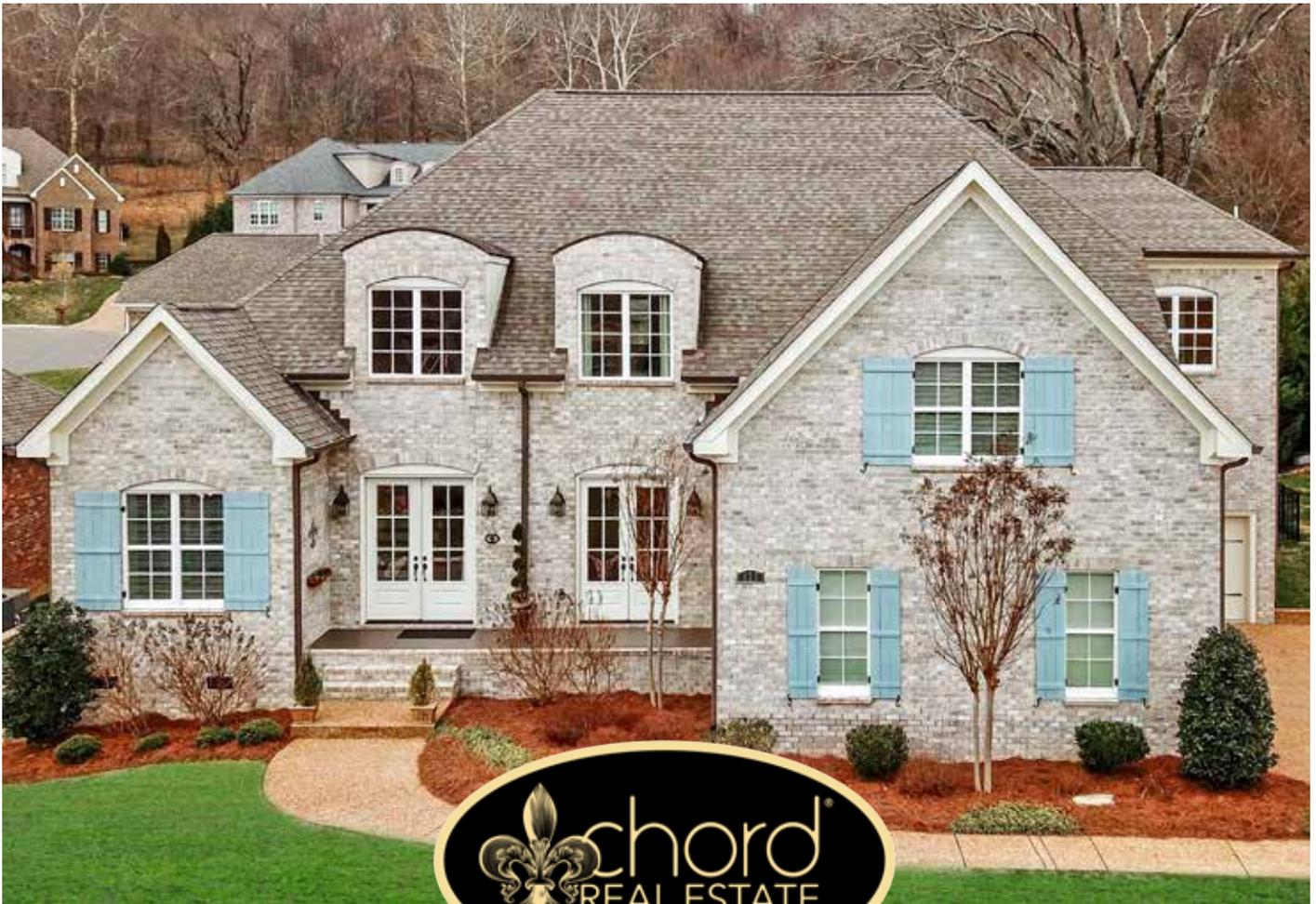
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