

## ACTIVATE YOUR BODY CALM YOUR MIND SUSTAIN YOUR SPIRIT

Welcome to your home for mind-body wellness.

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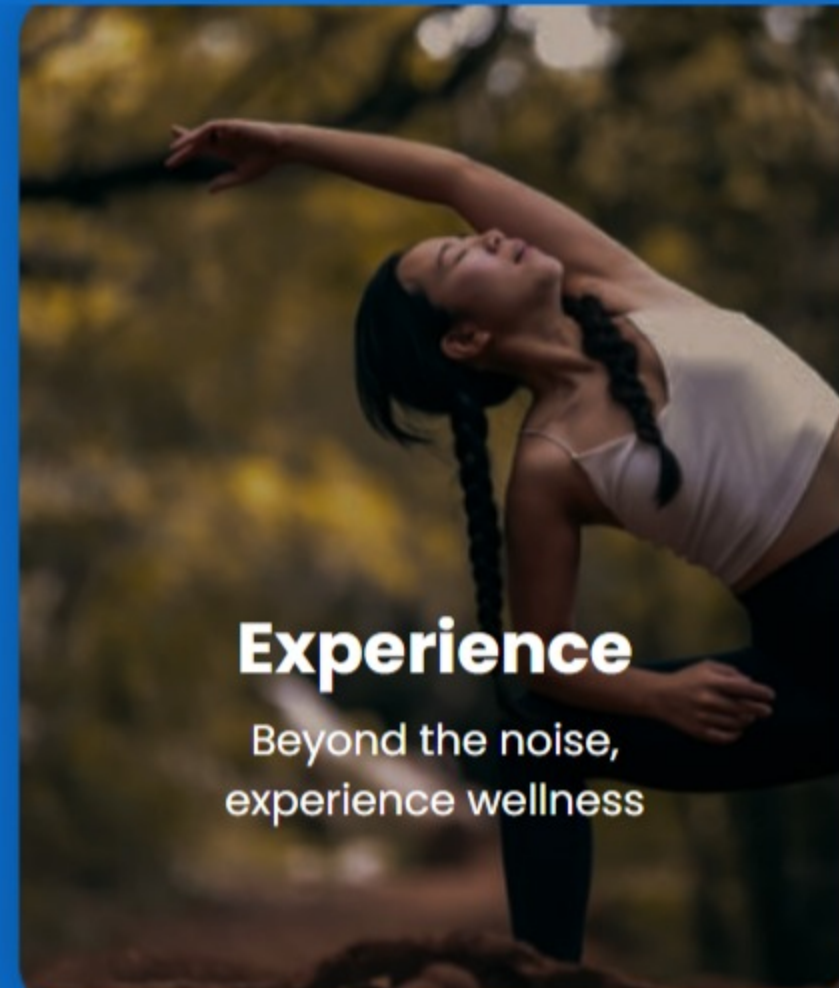
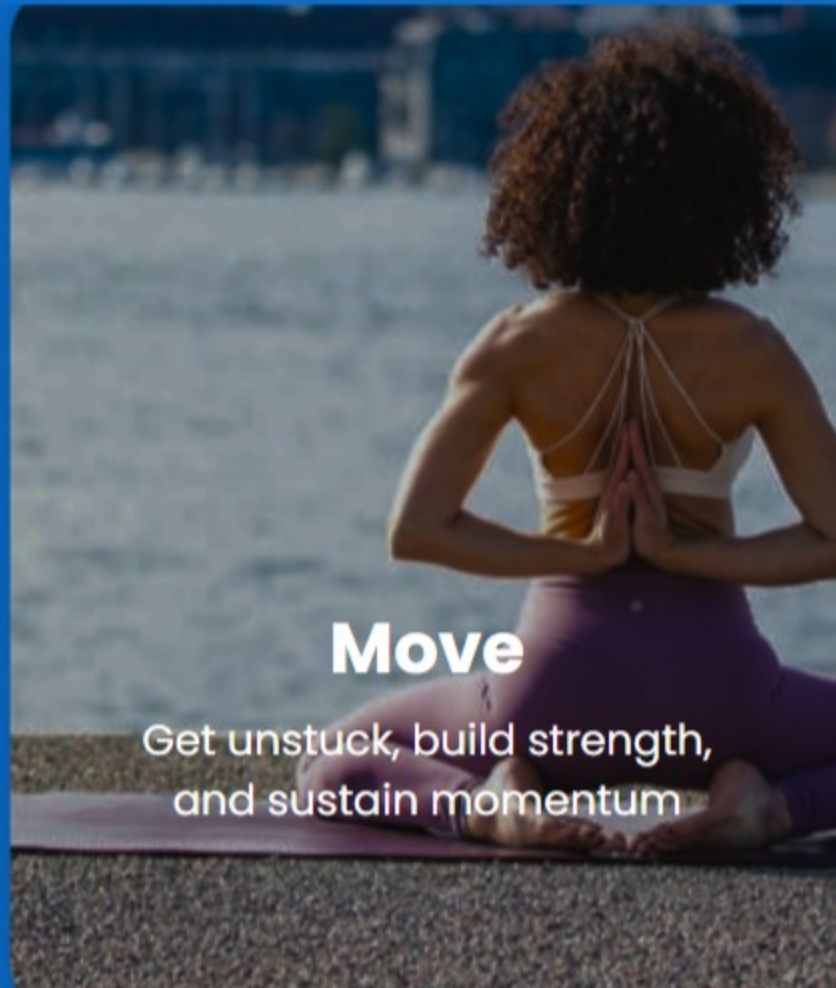
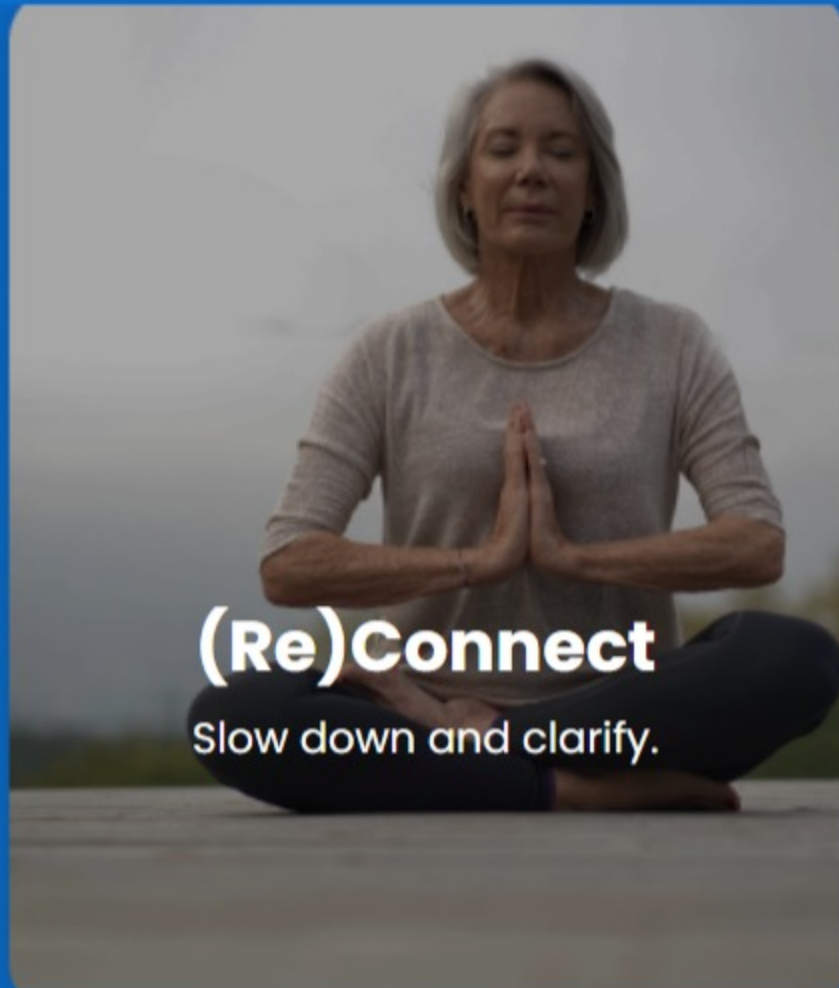
Movement Medicine

Wellness Experiences

Workplace Wellbeing

### FROM BURNOUT TO BLOOMING

You won't find any drill sergeants, quick-fixes, or crash diets here.  
I believe in making self-care as grounded, sustainable, and as fun as possible



Meet Sadie

#### SADIE CHANLETT-AVERY

Teaching yoga for 20 years, Sadie Chanlett-Avery leads restorative experiences in spectacular settings, punctuated by delicious food.

Her marquee event is an annual culinary yoga retreat to Italy. Formerly the in-house yogi at Clif Bar & Co., she was a leader in the employee wellness program and conducted corporate yoga events across the country.

She holds a Master of Arts in Holistic Health Education, was named an Athleta sponsored athlete, and has a pile of yoga and fitness certifications in a box somewhere.

With strength training expertise, she blends functional anatomy with asana and activation with relaxation. Tailored to individual needs and the dynamic of each group, her experiences are inclusive, therapeutic, and fun.

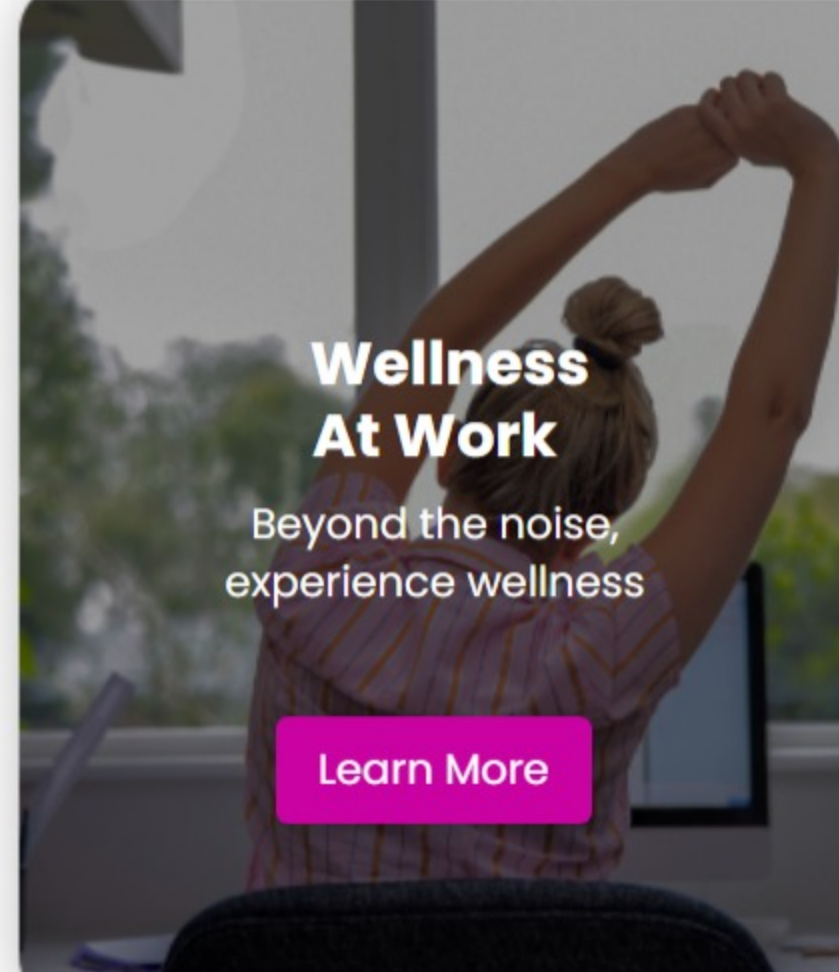
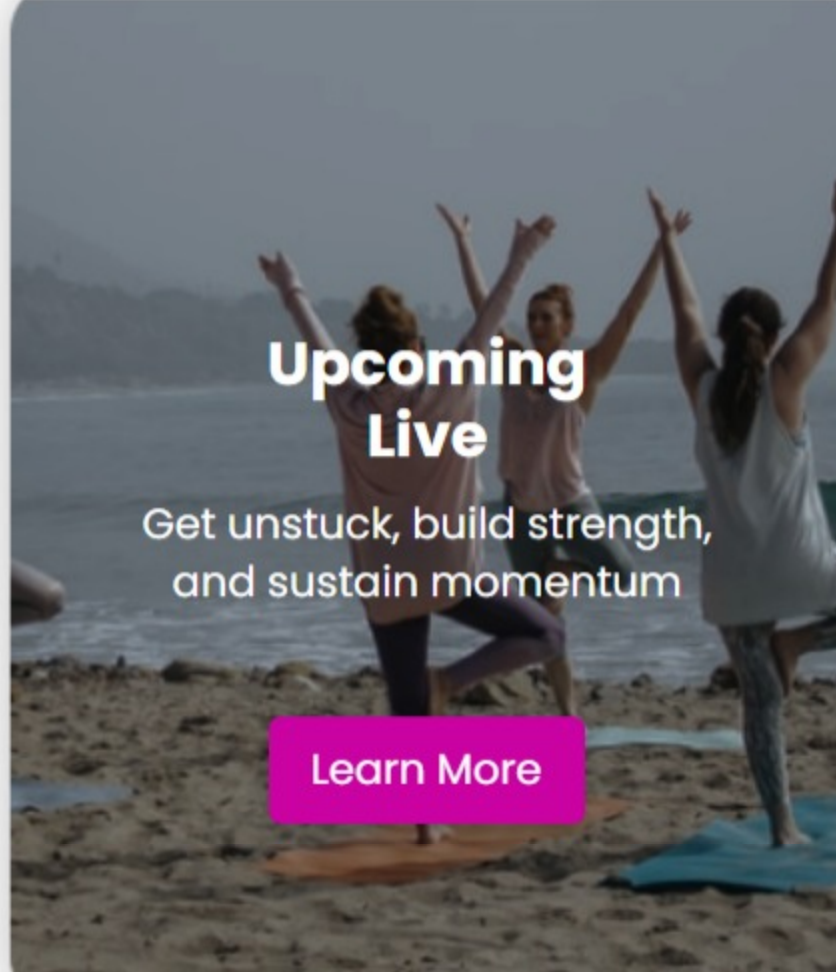
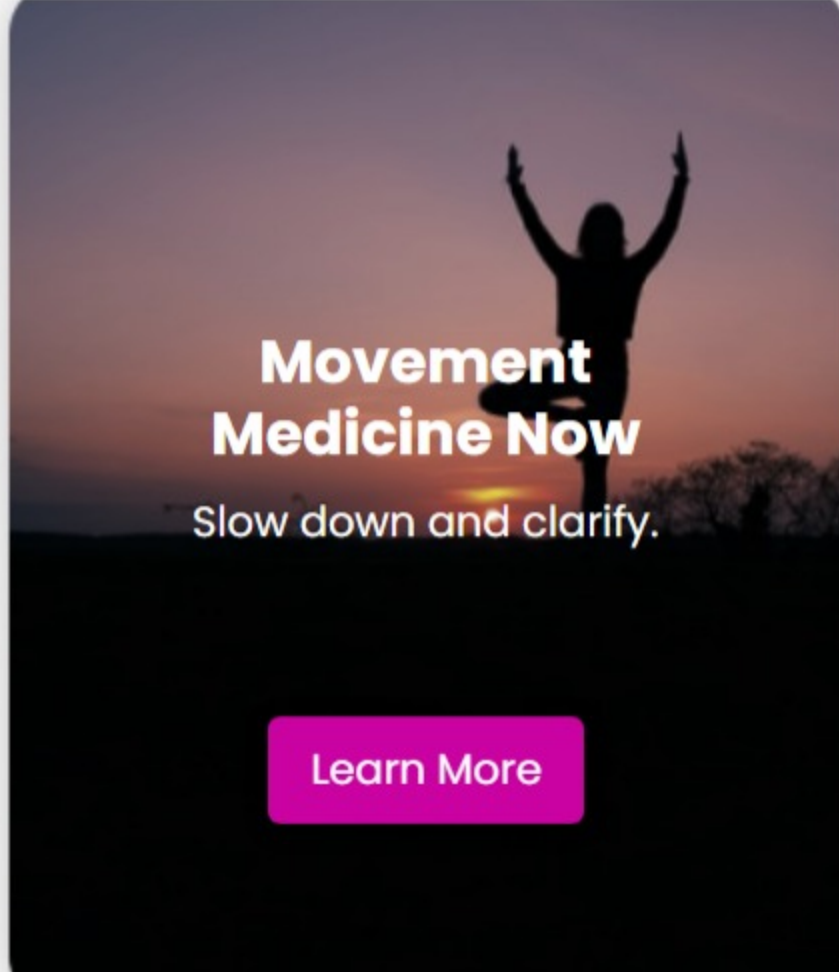
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### A DIFFERENT KIND OF WELLNESS LEADER

'Sadie has beautiful way about her and is such a model. I'm a striver and need the reminders to slow down, take the time, breath. Over the years she brought that into my life when I need it most. To me, she embraces so much of what yoga is about. We don't need to be perfect, we don't need to be able to get into all the fancy poses – we can just be, in our bodies and in our souls.'

Abby P.

### RECLAIM YOUR WELLBEING



### HOW IT WORKS

#### 1. Choose your own adventure

A quick relaxation, a commit to a restorative class, sign up for the next series, or grab a spot on a retreats. Find what you need.

#### 2. Show up as you are

A quick relaxation, a commit to a restorative class, sign up for the next series, or grab a spot on a retreats. Find what you need.

#### 3. Feel better

A quick relaxation, a commit to a restorative class, sign up for the next series, or grab a spot on a retreats. Find what you need.

[Learn More](#)



#### Free Sample Class

Want to see what I'm all about? Here's a recent "Intro to Movement Medicine" class I recently taught. Try it out for free.

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