



Tucson Yoga

Tucson's Community Yoga Center

Best Yoga Studio in Tucson
2008 2007 2006 2005
TUCSON WEEKLY



Tucson Yoga

Tucson's Community Yoga Center

Best Yoga Studio in Tucson
2008 2007 2006 2005
TUCSON WEEKLY

Class Schedule April 2009 OPEN EASTER SUNDAY

MON	7:00-8:15 am	Mixed-Level Yoga *	Sheila Chambers
	9:00-10:30am	Vinyasa	Michelle Marks
	5:30-6:45 pm	Basic Yoga *	Joanna Carichner
	7:00-8:30 pm	Mixed-Level Yoga *	Leah Stauber
TUE	9:00-10:30 am	Mindfulness Yoga *◆	Frank Jude Boccio
	5:30-6:45 pm	Yin Yoga *◆	Michelle Marks
	7:00-8:30 pm	Vinyasa	Joe Barnett
WED	7:00-8:15 am	Mixed-Level Yoga *	Sheila Chambers
	9:00-10:30am	Vinyasa	Michelle Marks
	5:30-6:45 pm	Mixed-Level Yoga *	Joanna Carichner
	7:00-8:30 pm	Yin Yoga *◆	Julie Baron
THU	9:00-10:15 am	Gentle Yoga *	Ann Curry
	5:30-6:45 pm	Mixed-Level Yoga *	Leah Stauber
	7:00-8:15 pm	Basic Yoga *	Sheila Chambers
FRI	9:00-10:15 am	Mixed-Level Yoga *	Joanna Carichner
	5:30-7:00 pm	Vinyasa	Michelle Marks
SAT	9:00-10:30 am	Yin/Vinyasa	Michelle Marks
	11:00-12:15	Basic Yoga *	Leah Stauber
SUN	9:00-10:30 am	Gentle Mindfulness Yoga * <i>New!</i>	Frank Jude Boccio
	11:00-12:30	Vinyasa	Joe Barnett
	2:30-4:30 pm	Sunday Sadhana * \$10 Drop-in	Natasha Korshak
	5:00-6:30 pm	Mixed-Level Yoga *◆	Julie Baron

www.tucsonyoga.com

(520) 988-1832

* Open to Beginners ◆ Includes Seated Meditation

\$6/class

\$45/mo Unlimited*

* Membership w/auto-pay, min. 2 months

\$28 - 5-Class Pass

\$50 - 10-Class Pass

\$135 - 3-Month Pass

UPCOMING EVENTS

The Four Foundations of Mindfulness with Frank Jude Boccio

March 28 & April 4, Two Saturdays

Lecture, discussion, asana & meditation. Four segments, 1-4pm and 5-8pm each day. Details at www.tucsonyoga.com. Cost: \$100 or \$30 per individual workshop (each one is independent of the others). Please pre-register online.

Introduction to Yoga with Sheila Chambers

April 11-25, Three Saturdays 1:00-2:30pm

A 3-week course especially for beginners. Learn the basic postures, alignment and philosophy of Yoga. Cost is \$35, Members \$25 - register in advance at www.tucsonyoga.com.

OUR MISSION

Our mission is to make good health and well-being through yoga affordable and accessible to everyone in our community.

How to Start

Just show up early to the appropriate class. If you're not sure, read on:

Beginners: If you're new to yoga, visit www.tucsonyoga.com/beginners.html.

Visit www.tucsonyoga.com for:

- * Updated class schedule
- * More info for beginners
- * Workshop and membership signups
- * Email list signup

Class Schedule April 2009 OPEN EASTER SUNDAY

MON	7:00-8:15 am	Mixed-Level Yoga *	Sheila Chambers
	9:00-10:30am	Vinyasa	Michelle Marks
	5:30-6:45 pm	Basic Yoga *	Joanna Carichner
	7:00-8:30 pm	Mixed-Level Yoga *	Leah Stauber
TUE	9:00-10:30 am	Mindfulness Yoga *◆	Frank Jude Boccio
	5:30-6:45 pm	Yin Yoga *◆	Michelle Marks
	7:00-8:30 pm	Vinyasa	Joe Barnett
WED	7:00-8:15 am	Mixed-Level Yoga *	Sheila Chambers
	9:00-10:30am	Vinyasa	Michelle Marks
	5:30-6:45 pm	Mixed-Level Yoga *	Joanna Carichner
	7:00-8:30 pm	Yin Yoga *◆	Julie Baron
THU	9:00-10:15 am	Gentle Yoga *	Ann Curry
	5:30-6:45 pm	Mixed-Level Yoga *	Leah Stauber
	7:00-8:15 pm	Basic Yoga *	Sheila Chambers
FRI	9:00-10:15 am	Mixed-Level Yoga *	Joanna Carichner
	5:30-7:00 pm	Vinyasa	Michelle Marks
SAT	9:00-10:30 am	Yin/Vinyasa	Michelle Marks
	11:00-12:15	Basic Yoga *	Leah Stauber
SUN	9:00-10:30 am	Gentle Mindfulness Yoga * <i>New!</i>	Frank Jude Boccio
	11:00-12:30	Vinyasa	Joe Barnett
	2:30-4:30 pm	Sunday Sadhana * \$10 Drop-in	Natasha Korshak
	5:00-6:30 pm	Mixed-Level Yoga *◆	Julie Baron

www.tucsonyoga.com

(520) 988-1832

* Open to Beginners ◆ Includes Seated Meditation

\$6/class

\$45/mo Unlimited*

* Membership w/auto-pay, min. 2 months

\$28 - 5-Class Pass

\$50 - 10-Class Pass

\$135 - 3-Month Pass

UPCOMING EVENTS

The Four Foundations of Mindfulness with Frank Jude Boccio

March 28 & April 4, Two Saturdays

Lecture, discussion, asana & meditation. Four segments, 1-4pm and 5-8pm each day. Details at www.tucsonyoga.com. Cost: \$100 or \$30 per individual workshop (each one is independent of the others). Please pre-register online.

Introduction to Yoga with Sheila Chambers

April 11-25, Three Saturdays 1:00-2:30pm

A 3-week course especially for beginners. Learn the basic postures, alignment and philosophy of Yoga. Cost is \$35, Members \$25 - register in advance at www.tucsonyoga.com.

OUR MISSION

Our mission is to make good health and well-being through yoga affordable and accessible to everyone in our community.

How to Start

Just show up early to the appropriate class. If you're not sure, read on:

Beginners: If you're new to yoga, visit www.tucsonyoga.com/beginners.html.

Visit www.tucsonyoga.com for:

- * Updated class schedule
- * More info for beginners
- * Workshop and membership signups
- * Email list signup