



# Tucson Yoga

Tucson's Community Yoga Center



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## Class Schedule May 2009

OPEN MEMORIAL DAY

<b>MON</b>	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
<b>TUE</b>	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
<b>WED</b>	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
<b>THU</b>	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
<b>FRI</b>	9:00–10:15 am	Mixed-Level Yoga *	Joanna Carichner
	5:30–7:00 pm	Vinyasa	Michelle Marks
<b>SAT</b>	9:00–10:30 am	Yin/Vinyasa	Michelle Marks
	11:00–12:15	Basic Yoga *	Leah Stauber
<b>SUN</b>	9:00–10:30 am	Gentle Mindfulness Yoga *	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

### NEWS

#### Vote for Best of Tucson 2009

It's time to cast your ballot for the Best of Tucson 2009 awards, where you can vote for your favorite yoga studio and more! Vote online at [www.tucsonweekly.com](http://www.tucsonweekly.com). Make sure you include the required contact information, and vote in at least 20 categories. Thanks for your support!

### OUR MISSION

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

Visit [www.tucsonyoga.com](http://www.tucsonyoga.com) for:

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

### Unlimited Classes For \$45/mo

You'll save money with a **Tucson Yoga Membership** if you attend just two classes a week. Sign up at [www.tucsonyoga.com](http://www.tucsonyoga.com) (click on the **Membership** link).

### How to Start

Beginners are welcome, and brand-new students should start with a **Basic Yoga** or **Gentle Yoga** class. To start, just show up 15 minutes early. For more information for new students, please visit [www.tucsonyoga.com](http://www.tucsonyoga.com) and click the **Beginners** link

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