



# Tucson Yoga

Tucson's Community Yoga Center



## Class Schedule August 2009

<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>	9:00–10:30 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

### Vinyasa Writing: an experiment

with Joe Barnett & Matthew Rotando  
Sun., Aug. 9, 7:00-9:30pm

### 4th Avenue Underpass Opening

Thursday, August 20th, 4:00pm. Yay!

### Tibetan Heart Yoga with Ann Curry

Introductory Workshop  
Saturday, Aug. 29, 1:00-4:30pm

More event info at [www.tucsonyoga.com](http://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.

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

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

**\$6/class**

**\$45/mo Unlimited\***

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

**\$28** - 5-Class Pass

**\$50** - 10-Class Pass

**\$135** - 3-Month Pass

### 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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