



Tucson Yoga

Tucson's Community Yoga Center



Class Schedule September 2009

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	9:00–10:30 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 *	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

WORKSHOPS

Details at www.tucsonyoga.com

Introduction to Yoga

with Leah Stauber
Sat., Sept. 5-26, 1:00-2:30pm
Four-week course, \$40

Yoga Nidra Workshop

with Sally Weber * Sat., Oct. 3

Intro to Vinyasa Flow

with Michelle Marks * Sat. Oct 10-31

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 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 (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 and click the **Beginners** link



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