



# Tucson Yoga

Tucson's Community Yoga Center



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## Class Schedule October 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 * <i>New teacher!</i>	<b>Leah Stauber</b>
	7:00-8:30 pm	Mixed-Level Yoga * <i>New teacher!</i>	<b>Joanna Carichner</b>
<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	<b>Basic Yoga</b> * <i>New class!</i>	<b>Frank Jude Boccio</b>
<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	<b>Yin Yoga</b> * <i>New class!</i>	<b>Joe Barnett</b>
<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 * <i>\$10 Drop-in</i>	Natasha Korshak
	5:00-6:30 pm	<b>YogaDance</b> * <i>New! FREE Oct. 4</i>	Joanna Carichner

www.tucsonyoga.com

(520) 988-1832

\* Open to Beginners

### WORKSHOPS & EVENTS

Details at [www.tucsonyoga.com](http://www.tucsonyoga.com)

#### Yoga Nidra Workshop

with Sally Weber  
Sat., Oct. 3, 1-4pm

#### Intro to Vinyasa Flow

with Michelle Marks  
4 weeks: Sat. Oct. 10-31, 1-2:45pm

#### Weekend Yoga Retreat

with Joanna Carichner \* Oct 15-18

### 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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