



Tucson Yoga

Tucson's Community Yoga Center

Best Yoga Studio in Tucson
Five years! 2005-2009
TUCSON WEEKLY

Class Schedule December 2009

Closed Christmas Day * No evening classes on 12/24

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 *	Leah Stauber
	7:00-8:30 pm	Mixed-Level Yoga * <i>New teacher!</i>	Mattie Eisenberg
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	Basic Yoga *	Frank Jude Boccio
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	Yin Yoga *	Joe Barnett
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 * <i>\$10 Drop-in</i>	Natasha Korshak
	5:00-6:30 pm	JourneyDance *	Joanna Carichner
	7:00-8:30 pm	Mindfulness Practice * <i>by donation</i>	Frank Jude Boccio

www.tucsonyoga.com

(520) 988-1832

* Open to Beginners

Buy gift yoga passes at tucsonyoga.com

\$6/class

\$45/mo Unlimited*

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

\$28 - 5-Class Pass

\$50 - 10-Class Pass

\$65 - 1-Month Pass *New!*

\$135 - 3-Month Pass

New One-Month Pass for \$65

Perfect gift option! Buy at the studio or online.

How to Start

Beginners are welcome, and first-time yoga students may start with a **Basic Yoga** or **Gentle Yoga** class. For your first class, arrive 15 minutes early to register. More information for new students is at www.tucsonyoga.com (click the **Beginners** link).

WORKSHOPS & EVENTS

Details at www.tucsonyoga.com

Winter Solstice Yoga w/Michelle Marks
Sat., Dec. 19, 3-6pm, \$25 (Members \$20)

Mama & Baby Yoga w/Leah Stauber
Thu. Jan. 7-28, 4 weeks, 1-2pm, \$24

Introduction to Yoga w/Sheila Chambers
Sat. Jan 9-23, 3 weeks, 1-2:30pm, \$30

Mindfulness Meditation w/Frank Jude
Jan 30-Feb 27, 4 weeks, \$60 (Members \$50)

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



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