



# Tucson Yoga

Tucson's Community Yoga Center

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

## Class Schedule January 2010

<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 *	Leah Stauber
	7:00-8:30 pm	Mixed-Level Yoga *	Mattie Eisenberg
<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	Mindfulness Yoga * <i>Ends 1/27</i>	Frank Jude Boccio
	7:00-8:30 pm	Vinyasa <i>New! Starts 2/3</i>	Mattie Eisenberg
<b>THU</b>	9:00-10:15 am	Gentle Yoga *	Ann Curry
	1:00-2:00 pm	Mama & Baby Yoga * <i>New!</i>	Leah Stauber
	5:30-6:45 pm	Mixed-Level Yoga *	Leah Stauber
	7:00-8:30 pm	Yin Yoga *	Joe Barnett
<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
	5:30-7:30pm	JourneyDance * <i>1st Saturdays</i>	Joanna Carichner
<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	Intro to Yoga * <i>1/24 - 2/28</i>	Various Teachers

www.tucsonyoga.com

(520) 988-1832

\* Open to Beginners

### WORKSHOPS & EVENTS

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

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

**Introduction to Yoga** Jan 24-Feb 28. Take all 6 weeks or drop-in to individual classes.

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

**Valentine's Yoga** w/Michelle, Sat 2/13, 2-6pm  
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](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

**\$65** – 1-Month Pass *New!*

**\$135** – 3-Month Pass

**\$240** – 6-Month Pass

### How to Start

Beginners are always welcome. First-time yoga students should 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](http://www.tucsonyoga.com) (click the **Beginners** link).



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