

Class Schedule Sept 2010

MON	7:00–8:15 am	Mixed-Level Yoga *	Sheila Chambers
	9:00–10:30am	Mixed-Level Yoga *	Sally Weber
	5:30–6:45 pm	Basic Yoga *	Leah Stauber
	7:00–8:30 pm	Mixed-Level Yoga *	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
	9:00–10:15 am	Basic Yoga *	Sally Weber
	5:30–6:45 pm	Mixed-Level Yoga *	Joanna Carichner
	7:00–8:30 pm	Vinyasa	Mattie Eisenberg
THU	9:00–10:15 am	Gentle Yoga *	Ann Curry
	1:00–2:00 pm	Mama & Baby Yoga *	Leah Stauber
	5:30–6:45 pm	Mixed-Level Yoga *	Leah Stauber
	7:00–8:30 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	Yin & Vinyasa	Joe Barnett
	2:30–4:30 pm	Sunday Sadhana * \$10 Drop-in	Natasha Korshak
	7:00–8:30 pm	Mindfulness Practice *	Frank Jude Boccio

www.tucsonyoga.com (520) 988-1832

*Beginners are welcome in these classes

PRICES

\$6/class

\$45/mo Membership*

*Unlimited classes, auto-pay, min. 2 mos.

\$28 – 5-Class Pass

\$50 – 10-Class Pass

WORKSHOPS & EVENTS

Details at www.tucsonyoga.com

Intro to AcroYoga w/ Joe Barnett
Sundays, Sept. 5-26, 5-6:30pm, \$20-35

The Secret Body w/ Ann Curry
Sat., Sept. 11, \$20-\$30

Arm Balances w/ Leah Stauber
Sat., Oct. 2, \$20-\$30

Yoga Philosophy w/ Natasha Korshak
Sat., Oct. 9, \$20-\$30

LovingKindness w/ Sheila Chambers
Sat., Oct. 16, \$20-\$30

MORE INFORMATION

Visit www.tucsonyoga.com for:

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

HOW TO START

Beginners are always welcome, and should start with a **Basic Yoga** or **Gentle Yoga** class. Arrive 15 minutes early to register. Visit www.tucsonyoga.com for more info (click the **Beginners** link).

OUR MISSION

Our mission is to make good health and well-being through yoga affordable and accessible to everyone in our community.

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