

Vinyasa Writing: an experiment

Sunday, August 9, 2009
7:00-9:30pm

at Tucson Yoga, 150 S. 4th Ave.

Sliding scale donation: \$10-\$20

Come with Joe Barnett and Matt Rotando on a Yoga Flow: Body, Mind and Pen.

For this playful and experimental workshop, Matt and Joe have blended techniques of vinyasa yoga with automatic writing games to bring you into your body mind and lead you into your writing zone.

All levels are welcome; however, space is limited.
To reserve your spot please call Joe at 513-252-8699.



Matthew Rotando has received an MFA from the City University of New York (Brooklyn College) and a Fulbright Foundation grant. Next fall he will receive a Ph.D. in literature from the University of Arizona. He is the author of a collection of poems entitled *The Comeback's Exoskeleton* (UpSet Press, 2008), and is a member of POG, a collective of artists and poets in Tucson, Arizona.



Joe Barnett has taught yoga since 2000. He has extensive training and experience teaching Ashtanga, Vinyasa, Yin and Taoist Yoga. His primary teacher is Paul Grilley, who is the founder of Yin Yoga. Joe is the director of the Yoga program at Miraval Life in Balance Resort in Catalina.

More info

For more information, please call 513-252-8699.