

## Class Schedule February 2010

<b>MON</b>	7:00–8:15 am	Mixed-Level Yoga *	Sheila Chambers
	9:00–10:30am	Vinyasa	Sally Weber
	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
	9:00–10:15 am	Basic Yoga * <i>New! Starts 2/3</i>	Sally Weber
	5:30–6:45 pm	Mixed-Level Yoga *	Joanna Carichner
	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

### PRICES

**\$6/class**

**\$45/mo Membership\***

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

**\$28** – 5-Class Pass

**\$50** – 10-Class Pass

### 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](http://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.

### WORKSHOPS & EVENTS

**Introduction to Yoga** w/Various Teachers  
Sun Jan 24–Feb 28, 5:00-6:30, \$6/class

**Valentine's Yoga** w/Michelle Marks  
Sat Feb 13, 2–6pm, \$35 General, \$25 Members

**Yoga for Computer Users** w/Debbie Daly  
Sat Feb 20, 3:30-6, \$25 General, \$20 Members

**Cinema Nirvana** - Movie nite w/Frank Jude, featuring Casablanca on Sat Feb 27, 7pm

**Keith Borden Returns** - Vinyasa & Kirtan  
Sat March 13, 2-4:30 & 7-9pm, \$40.

### MORE INFORMATION

Visit [www.tucsonyoga.com](http://www.tucsonyoga.com) for:

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

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