



Tucson Yoga

Tucson's Community Yoga Center

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

Class Schedule March 2010

MON	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
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
	5:30-7:30pm	JourneyDance * 1st Saturdays	Joanna Carichner
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 * \$10 Drop-in	Natasha Korshak
	7:00-8:30 pm	Mindfulness Practice *	Frank Jude Boccio

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

WORKSHOPS & EVENTS

Vinyasa & Kirtan with Keith Borden. Saturday, March 13. FireDance Vinyasa 2-4:30, Kirtan 7-9. Cost is \$40 for both.

Yoga Retreat w/Joanna Carichner Fri-Sun March 19-21, \$150.

Cinema Nirvana - Dharma at the Movies Sat., March. 27, 7:00pm. Movie nite w/Frank Jude, featuring *Invasion of the Body Snatchers*.

The Female Pelvic Floor w/ Leslie Howard from San Francisco. Sat., Apr. 10, 1-5pm. \$50 by Apr. 7, \$55 after, \$10 off for members.

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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