Class Fees & Descriptions

NEW *LOCAL* STUDENT SPECIALS!

2 Week Class Card $19**

1 Month Class Card $35**

***Students may purchase a New Student Class Card up to 7 days after the first visit.*

***Class Card good for **1** meditation **or** yoga class per day. Not valid for iRest® Break or HTTI-classes.*

Drop-in $12/11 **Package Deals** 6 classes for $60/54 10 classes for $90/81 20 classes for $180/162 *Discounted prices for military, student, senior (60+)* ***Mid-Day Classes Only** $7/drop in or 10/$60	**Monthly Unlimited** $90/81 **$75 Monthly Unlimited** *+auto-pay only:* *3 month contract minimum* **Annual Unlimited** $825 (save $255!)

Back Care Designed to prevent and manage back pain using gentle yoga to improve core strength and posture.

Beginning/Continuing Variations on the postures for mixed-level students.

***Chair Yoga** A safe, thorough class that offers breath awareness and relaxation.

Connected Warriors Manage stress, lower blood pressure and relieve chronic pain with this mixed-level class offered to service members, veterans and their families.

Continuing A "moderate" class for students who have an understanding of alignment and self-awareness.

Gentle Slow-paced, emphasis on breathing, relaxation and gentle stretching.

Intermediate This is a strong class with emphasis on building strength, flexibility and stamina.

***Mid-Day Yoga** A multi-level Hatha Yoga class.

Prenatal Yoga Gentle stretching, visualization, relaxation and breathing to guide you through pregnancy and delivery.

Restorative Yoga Postures are practiced with maximum support, allowing the body to open gradually.

Yin Yoga A quiet practice that targets connective tissues to encourage greater mobility of the hip joints and spine.

Help The Yoga Connection
continue to serve the Tucson community.
Ask us about becoming a Sustaining Partner.

The Yoga Connection

Yoga for YOUR life! Body • Mind • Spirit

MARCH 2017

MONDAY	**>8:30-9:45am** 10-11:15am 12-1pm 4-5:15pm 6-7:15pm	**Beginning/Continuing** Gentle Mid-Day Beg/Cont ∗ Back Care Beginning/Continuing	**Trish** Trish Libba Miranda Jodi
TUESDAY	~~8:30-9:45am~~ 10-11:15am 10-11:15am 12-1pm **>2:30-3:30pm** 4-5:10pm 5:30-6:45pm	~~Beginning/Continuing~~ Beginning/Continuing Gentle Mid-Day Beg/Cont ∗ **Yoga by Donation** Back Care Beginning/Continuing	~~Kim~~ Diane Joseph Libba **Jen** Danielle David
WEDNESDAY	8:30-9:45am 10-11:15am ~~10:30-11:45am~~ 12-1pm **>1:15-2pm**** 3:30-4:30pm 5:30-6:45pm **>5:30-6:45pm**** ~~6-6:45pm~~ **>7-8:15pm****	Beginning/Continuing Gentle ~~Yin Yoga~~ Mid-Day Beg/Cont **iRest Break (4-wk)(3/8)** Yoga by Donation Beginning/Continuing **Yin Yoga (4-wk)(3/15)** ~~Intro to Meditation~~ **Yoga Beyond Asana**	Rhonda Priscilla ~~Joseph~~ Libba **Lily** Courtney Priscilla **Joseph** ~~HTTI 300hr~~ **Priscilla**
THURSDAY	**>10-11:15am** 10-11:15am 12-1pm ~~12-1pm~~ 2:30-3:30pm 4-5:15pm 4-5:10pm **>5:30-6:45pm**** 5:30-6:45pm	**Beginning/Continuing** Gentle Mid-Day Beg/Cont ∗ ~~Mid-Day Gentle∗~~ Yoga by Donation Connected Warriors Back Care **Prenatal (4-wk)(3/9)** Restorative Yoga	**Colleen** Rhonda Libba ~~Joseph~~ Dan Dan Danielle **Bea** Priscilla
FRIDAY	8:30-9:45am **>10-11:15am** ~~10:30-11:45am~~ 12-1pm 12-1pm 5:30-6:45pm 5:30-6:45pm	Beginning/Continuing **Gentle** ~~Yin Yoga~~ Chair Yoga ∗ Mid-Day Beg/Cont ∗ Beginning/Continuing Candlelit Yin Yoga	Rita **Priscilla** ~~Miranda~~ Miranda Marty Xenia Miranda
SAT	9-10:10am 9-10:30am 11-12:15pm 12:30-1:45pm	Back Care Intermediate Gentle Beginning/Continuing	Dr. Martha Priscilla Miranda Miranda
SUN	8:30-9:45am 10-11:15am 3-4:15pm	Gentle Beginning/Continuing Restorative Yoga	Sue Colleen/Marty Rotating

See pricing and descriptions on the other side

> NEW Classes/Teachers

∗Mid-Day Classes, special pricing applies.

** iRest starts 3/8; Prenatal starts 3/9; Yin & YBA start 3/15

/ Teachers Rotate

~~Class Cancelled~~

Tucson's only non-profit yoga studio serving the community since 1987

3929 East Pima | www.yogaconnection.org | (520)323-1222

MARCH CALENDAR OF EVENTS

WORKSHOPS

iRest® Break (4 week series)
with Lili Cann, RYT 200, iRest® Level lll
Wednesdays, 3/8-3/29, 1:15-2pm
Cost: $35/4 weeks; class card*; $12 drop-in
**Groupon & New Student Special NOT VALID*

Prenatal Yoga (4 week series)
with Bea Aldridge, RYT 500
Thursdays, 3/9-3/30, 5:30-6:45pm
Cost: $35/4 weeks; class card; $12 drop-in

Exploring iRest®
with Lily Cann, RYT 200, iRest® Level lll
Saturday, March 11, 1:15-5:15pm
Cost: $30 ($35 after 3/5) *4 CEUs*

Metta-bhāvanā: A Meditation on Loving-Kindness
with Anthony Tribe, PhD, RYT 200
Sunday, March 12, 9-9:45pm
Cost: No charge; donations gratefully accepted

Teaching Stress Management: For Teachers
with Jodi Gonzales, ATR, NCC, RYT 200
Sunday, March 12, 2-5pm
Cost: $25 ($30 after 3/7) *3 CEUs*

Yoga Beyond Asana (6 week series)
with Priscilla Potter & Jim Norris
Wednesdays, 3/15-4/26, 7-8:15pm (***no class 4/5)***
Sliding Scale Cost : $40-75/6 weeks; $12 drop-in

Yin Yoga (4 week series)
with Joseph Moffitt
Wednesdays, 3/15-4/5, 5:30-6:45pm
Cost: $35/4 weeks; class card, $12 drop-in

Spring Equinox Meditation & Mantra
with Jim Norris
Saturday, March 18, 4:30-5:45pm
Sliding Scale Cost: $7-$12 drop-in or class card

Yoga Sanctuary: Sounds of the Sacred
With Priscilla Potter & Serena Gabriel
Sunday, March 19, 1-2:30pm
Cost: $15 ($20 after 3/15)

Yoga for Healthy Bones
with Dr. Martha Bergner, D.C., RYT 200
Saturday, March 25, 1-2:30pm
Cost: $15 ($20 after 3/19)

WORKSHOPS CONT.

Gong Bath
with Danielle Dvorak, CSP, E-RYT 200, CA
Saturday, March 25, 3:30-5pm
Cost: $15 ($20 after 3/19)

Salutation to the Sun: Exploring Sun A
with Kim Miller, RYT 200
Sunday, March 26, 11:30am-1pm
Cost: $15 ($20 after 3/20)

FREE Stress Free Workshop
with Courtney Frogge, RYT 200
Sunday, March 26, 11:30am-1pm
Cost: No charge; donations gratefully accepted

Yoga for Healthy Aging
with Rhonda Kaufman & Trish Harris
Sunday, March 26, 1:30-3pm
Cost: $15 ($20 after 3/20)

SAVE THE DATE!

WEEKEND YOGA & MEDITATION RETREAT

Friday, April 7 - Sunday, April 9

Enjoy a weekend of yoga, meditation, great vegetarian food, community and reconnecting with nature. All-inclusive fees provide all classes, workshops, accommodation and gourmet vegetarian meals. *Work/trade available, see front desk for details.*

Pre-register with deposit by 3/15 and save $50!

YOGA TEACHER TRAINING

Weekend Yoga and Meditation Retreat
For Teachers (*20-30 CEUs*)
with Priscilla Potter, David Forest, Anthony Tribe, Gary Phelan & Jim Norris!

Thursday, April 6 - Sunday, April 9

* 200-Hour Hatha Teacher Training *
& Personal Growth Intensive

SUMMER IMMERSION (24-day Intensive)
Begins **Saturday June 3rd!**
Join us for an informational meeting and attend a free class at 9am or 12:30pm!

Saturday, March 25 @ 11am