

YOGA TEACHER TRAINING

200-HOUR FALL SESSION STARTS SEPT. 11TH!

HYBRID TRAINING MEETS TUES EVENINGS. 1-2 SAT. & 1
SUN. MONTHLY FOR 5-MONTHS.

REGISTER NOW TO SAVE OVER \$300!

WORKSHOPS

**GENTLE YOGA & SINGING MEDITATION
FOR A HEALTHY BRAIN**

HYBRID

W BEA | SAT. JULY 10, 1-2:15P | \$15

YOGA NIDRA [EVERY SECOND SUNDAY!]

LIVE-STREAM

w Kim | Sun. July 11, 4-5:15p | \$15

**BREATHING FOR BETTER MOVEMENT &
EMOTIONAL HEALTH**

HYBRID

w Marty | Sat. July 17, 1-3p | \$15

FREE STRESS MANAGEMENT WORKSHOP

LIVE-STREAM

w Stephanie | Sun. July 24, 1-2:30p | FREE

Intro to Meditation

Live-Stream

w Priscilla | Sun. July 25, 10-11a | FREE

YOGA & AYURVEDA FOR SUMMER

LIVE-STREAM

w Jaci | Sat. July 31, 1-2:30p | \$15

GONG BATH

HYBRID

w Danielle | Sat. July 31, 1-2:30p | \$25

PRICING & PREREGISTRATION

DROP-IN: \$12 | UNLIMITED: \$75 | NEW STUDENT 1-MO: \$33

VIEW MORE PRICING OPTIONS & PREREGISTER

(REQUIRED) FOR CLASS:

YOGACONNECTION.ORG/CLASS

3929 E PIMA ST | 520.323.1222 | YOGA@YOGACONNECTION.ORG



The Yoga Connection

Yoga for YOUR life! Body • Mind • Spirit

July Class Schedule

SUNDAY

Hybrid 8:30-9:30a Gentle w Michelle
Live-Stream 9-9:30a Meditation w Priscilla
Hybrid 10-11:15a Beg/Cont. w Marty

MONDAY

Live-Stream 8:30-9:45a Beg/Cont. w Joseph
Live-Stream 10-11:15a Gentle w Jaci
Hybrid 12-1p Midday Beg/Cont. w Michael
Hybrid 1:30-2:30p Chair Yoga w Nora
Hybrid 4-5:15p Restorative w Miranda

TUESDAY

Live-Stream 9-9:30a Meditation w Dr. Martha
Live-Stream 10-11:15a Gentle w Rhonda
In-Studio 12-1p Midday Beg/Cont. w Libba
Live-Stream 6-7p Back Care w Stephanie

WEDNESDAY

Live-Stream 9-9:30a Meditation w Kim
Hybrid 10-11:15a Gentle w Priscilla
In-Studio 12-1p Midday Beg/Cont. w Libba
Hybrid 4-5:15p Yoga for a Healthy Back w Bea
Hybrid 5:30-6:45p Beg/Cont. w Priscilla

THURSDAY

Live-Stream 9-9:30a Meditation w Miranda
Live-Stream 10-11:15a Gentle w Kim & Rhonda
Live-Stream 12-1p Midday Beg/Cont. w Libba
Hybrid 5:30-6:45p Beg/Cont. w Shawna

FRIDAY

Live-Stream 9-9:30a Meditation w Priscilla
Hybrid 10-11:15a Gentle w Priscilla
Hybrid 12-1p Midday Beg/Cont. w Charlotte
Live-Stream 1:30-2:30p Chair Yoga w Miranda

SATURDAY

Hybrid 9-10:30a Intermediate w Priscilla
Hybrid 11-12:15p Gentle w Miranda

Preregistration is required by all. In-studio attendance limited.

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