



The Three Jewels tucson

YOGA & MEDITATION SCHEDULE

Winter 2012

Mondays

6:45-7:45am	Heart Yoga- Beginning Level	Robert
9:45-11:45am	Tibetan Heart Yoga– Mixed Levels	alice.ia
5:30-6:45pm	Heart Yoga– Mixed Levels	Bradford

Tuesdays

5:30-6:45pm	Heart Yoga– Mixed Levels	Kate
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Wednesdays

6:45-7:45am	Heart Yoga- Beginning Level	Robert
4:15-5:15pm	Yoga For Back Care– Mixed Levels	Jaimie
5:30-6:45pm	Yoga & The Yoga Sutras– Mixed Levels	Devin

Thursdays

7:30-8:30am	Meditation: Steps on the Path	Cassie
5:30-6:45pm	Heart Yoga– Mixed Levels	Kate

Fridays

12-1pm	Heart Yoga– Mixed Levels	Eirene
2-3pm	Free Your Mind (1st & 3rd Fridays only)	Shel

Saturdays

9:30-10am	Guided Meditation	Robert
10:15-11:30pm	Heart Yoga- Beginning Level	Robert

CLASSES ARE OFFERED FOR A \$4 DONATION

No One Will Be Turned Away Due To Lack Of Funds

Class Descriptions

Heart Yoga: A unique style of yoga that re-unites the rich dharma of Tibetan Buddhism (in the lineage of the Dalai Lamas) and yoga asana from India. Through pristine physical alignment, a mix of vinyasa and hatha style sequences, and a potent inner method, students are carefully guided to explore subtle layers of body and mind. This style of yoga seeks to offer students the tools to open their hearts, to move thru the world with deep love and compassion. Offered in a beginning level and for mixed levels.

Tibetan Heart Yoga: A unique style of practicing Hatha Yoga which continues a lineage from Lord Naropa and Lady Niguma, yogis who lived circa 1000 AD. THY emphasizes both the inner and outer methods, greatly increasing the practitioner's ability to radically transform inside and out. The nine sequences incorporate traditional Indian and Tibetan Poses.

Yoga for Back Care: This yoga class focuses on postural awareness and yoga poses that promote a healthy spine. An hour class dedicated to caring for your back and improving your posture.

Free Your Mind: Join us for this twice monthly exploration into freeing the mind and opening the heart. These practice-based classes include meditation instruction and discussion on real-life topics. All in all, they are designed to help you move through the world with more grace and ease and find incredible amounts of joy from the inside out. (1st & 3rd Fridays)

Yoga & The Yoga Sutra: An exploration of hatha yoga, meditation, and pranayama as described in Patanjali's Yoga Sutra.

Guided Meditation: Come relax and set the tone for your day with a guided meditation! Each week we will explore various Tibetan, Taoist, & Indian meditations such as Yoga Nidra (dream yoga), Tonglen (heart opener), Chakra Mantras (Ayurvedic sound healing), & much more.

Meditation- Steps on the Path: Whether you are searching for a way to deepen your meditative practice or are just beginning, join us for a fifteen minute guided mediation followed by a class and discussion on the ways to open your heart and ultimately improve the world around you. We will be reviewing Pabongka Rinpoche's Lam Rim text, *A Gift of Liberation, Thrust into the Palms of Our Hands* as taught by Geshe Michael Roach.

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