



Meditative Yoga

With
Rebecca

This class provides the space to come deeply into our bodies and center in ourselves. With a weaving of gentle yoga and Insight Meditation practices, we allow ourselves the space to strengthen, stretch, release, and investigate by remaining in both active and passive postures for longer periods of time. All levels welcome.

It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

WHEN: Wednesdays 5:15 pm – 6:10 pm

Please bring your own mat

LOCATION: Tucson Community Meditation Center
1231 E. Edison Tucson, AZ

FEE: \$6 – 10 sliding scale

No one will be turned away due to inability to pay

CONTACT: yoga.thespace@gmail.com

ADVANCED REGISTRATION NOT REQUIRED

TEACHER: Rebecca became interested in yoga as a means to ease chronic back pain and decided to get her 200 hour certification in 2013 to support her practice. Having had a meditation practice since 2007 and only attended yoga classes that were body centric, she was drawn to the Ananda teacher training because of its integration of meditation and the physical practice. She found this combination to be healing and became enthused to share more mindful forms of yoga.

Rebecca currently practices Insight Meditation and generally incorporates mindfulness from this tradition into her classes. She aspires to craft experiences that provide balance and warmth, with the space to come home to ourselves.

For additional information, please visit her website unfoldhere.weebly.com

Namaste.