



## Meditative Yoga

with

Samantha Cullen

Wednesdays – starting February 21<sup>st</sup> 2018

This class is perfect for all levels offering a nourishing and well-rounded practice. The class will incorporate centering, breathing and movement finishing with a deep rest. Our aim is to create more harmony and balance within the body, mind and spirit. We will flow through an experience of strengthening and restoring the body. We will create space to slow down the pace of everyday life and effectively experience our edges from a place of self-compassion. My wish is you will leave feeling refreshed, clear and centered and smiling.

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

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

\*If you have a mat please bring it, otherwise we have a few loaner mats \*

**DIRECTIONS:** One block S. of Grant and 2 houses W. of Mountain Ave.

**FEE:** \$6 – 10 sliding scale

No one will be turned away due to inability to pay

**CONTACT:** [samanthabcullen@gmail.com](mailto:samanthabcullen@gmail.com)

**ADVANCED REGISTRATION NOT REQUIRED**

**TEACHER:** Samantha's original 200-hr training is from the 7 Centers Yoga Arts in Sedona, AZ, a month-long immersion in Hatha yoga and lifestyle. She has continued to teach and train in various styles throughout the years. Most recently she completed her 500-hr training at Kripalu Center for Yoga and Health through the practices of; pranayama, meditation, ayurveda and vinyasa. She's also a writer and sees herself as living and working at the intersection of healing and the arts. Her own daily practice is rooted in creating shifts both physically and mentally through the marriage of yoga and meditation and her hope is to be a catalyst in guiding her students to do the same.