



Yoga for Meditation

with

Dan Sweet

Wednesdays, 5:15pm – starting May 30th 2018

Accessible to all levels of yoga experience, this class offers practices in body awareness, gentle yoga postures, whole body stretching, skillful relaxation, natural breathing, therapeutic movement, and entering healing states. The class is aimed toward satisfying experience in preparation for meditation. The background of the class is the psychology of Samkhya Yoga. Each session will offer release of tension, balanced energy activation, and deep relaxation.

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

CONTACT: dan_tucson@hotmail.com

No one will be turned away due to inability to pay

ADVANCED REGISTRATION NOT REQUIRED

TEACHER: Dan is a retired civil servant with a human sciences background and a 50-year yoga history. He has had training in several varieties of yoga, including Iyengar, Anusara, and Swami Rama's Himalayan tradition. He has taught yoga for 15 years for the YMCA of Southern Arizona, and also teaches Qigong. He currently attends classes taught by Natasha Korshak, Kristi Hook, Torrey Postal, and Rosie Perera.