



Tucson **Community**
MEDITATION CENTER

Immerse Yourself in Mindfulness Yoga An ongoing in-person class

Tuesdays 10:00 - 11:15 am

Wednesdays 5:30 - 6:45 pm - Arizona Time

Mindfulness Yoga is the practice of watching the breath and body to bring about Yoga, or the union of body, breath, mind, and heart. Mindfulness Yoga allows us to experience the adventure of living in the Present moment, thereby enjoying calmness of mind (including feelings) and compassion for the body.

Although posture practice plays a vital role, we engage in Mindfulness Yoga as a practice that includes standing, walking, asana (posture), movement, lying down, and sitting. In both activity and stillness, we can witness the breath or consciously use the breath and body to increase awareness of the Present.

This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 15 minutes of stillness/relaxation and settling in, 40 minutes of posture/movement/walking, and 20 minutes of relaxation and sitting practice. Giving the body our full attention is the key to experiencing joy, one of the many gifts this practice bestows. Please **bring our own mat** if you have one. If not, we have limited number of mats you may use.

“With breath, body, and mind I send my heart along with these words.

May all who read them awaken from forgetfulness, and,

realizing the true nature of no separate self,

transcend the path of fear, sorrow, and anxiety.

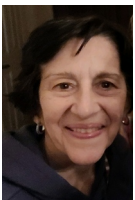
May all beings be free.

Frank Jude Boccio - Author [Mindfulness Yoga](#)

Suggested Donation: \$7-15 per class - sliding scale. No one will be turned away due to inability to pay. Lorelei and TCMC are supported by your generous donations.

Where: TCMC 1147 N Howard Blvd – we enter the building through the back door.

Questions: contact Lorelei at patricklorelei5@gmail.com



Lorelei Patrick - began practicing yoga and meditation in 1976, and has been teaching since 1986. She completed the 200 hour yoga certification offered by the Himalayan Institute in 2007 along with a certification in foot reflexology and Aromatouch. After recently relocating to Tucson Arizona she currently practices with the Tucson Community Meditation Center. She enjoys hiking, strength training, cooking naturally yummy foods, and walking.