



Immerse Yourself in Mindfulness Yoga

Saturday September 21 + 28 at 10am

Saturday October 5 + 19 at 8:30am

Saturday November 2 + 23 at 8:30am

taught by Lorelei Patrick

co-sponsored by United Healthcare Medicare Store and TCMC

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 strengthening of muscles, flexibility for joints, stress reduction, and calmness of the mind.

This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 10 minutes of stillness/relaxation and settling in, 40 minutes of stretching, and 25 minutes of relaxation and meditation. Giving the body our full attention is the key to experiencing joy, one of the many gifts this practice bestows.

You may use a yoga mat or chair. Please bring your own mat if you have one. If not, we have a limited number of mats you may use. Chairs will be provided.

Where: UnitedHealthcare Medicare Store - Crossroads Festival Shopping Center
4811 E Grant RD #119 Tucson, AZ

Registration: Please RSVP with Suzanne Cookman at 520-325-9407 or scookman@uhc.com
These classes are offered at no cost and everyone is welcome.



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.



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