

## Community Calendar Listings – December 2011

### ORACLE

#### **Sharanam: Entering Buddha's Way**

December 13-17

A Mindfulness Yoga Retreat with the theme of threefold training of ethics, meditation and wisdom. Contact: Frank Jude Boccio, C.O.D. Ranch, 37 Cod Ranch Rd., Oracle, AZ, 85623. (520)624-7949. frankjude@mindfulnessyoga.net Cost: \$400.00.

### PHOENIX

#### **Winter Yoga Festival**

December 10

Fun fundraiser for 501.c3! Three Kundalini Yoga workshops, silent auction, healing fair, plant sale, retail discounts, kids activities, snacks. Contact: Yoga Phoenix, 2302 N. 9th St., Phoenix. (602)271-4480. [info@yogaphoenix.com](mailto:info@yogaphoenix.com), [www.yogaphoenix.com](http://www.yogaphoenix.com). Cost: varies \$9-\$45. **AYA**

**Discount:** \$1 on 1 activity.

#### **Level 1 Yoga Teacher Training**

January 7-July 1

Course for personal growth and exploration and a firm basis in the science of Kundalini Yoga. At the course completion the student may apply for certification with KRI and membership in IKYTA provided those guidelines are met. Contact: Sevak Singh, Yoga Phoenix, 2302 N. 9th St., Phoenix. (602)252-0406. [sevak@theelevationinstitute.com](mailto:sevak@theelevationinstitute.com), [www.yogaphoenix.com](http://www.yogaphoenix.com). Cost: \$3050-\$3450, depending on payment plan.

#### **White Tantric Yoga**

Saturday, February 25

1-hour yoga and full-day Meditation Series to release karma and clear psyche. Register at [www.yogaphoenix.com](http://www.yogaphoenix.com) as workshop or at door. Contact: Jaap Kaur, (602)410-4782, [jaap.kaur@cox.net](mailto:jaap.kaur@cox.net). Held at Phoenix Zoo Stone House Pavilion, Galvin Parkway, Phoenix.

#### **Special Yoga Events**

Tuesdays, 7pm

Special Kundalini Yoga 1.5 hr events to deepen development and balance of body, mind, and spirit. Yoga Phoenix, 2302 N. 9th St., Phoenix. [info@yogaphoenix.com](mailto:info@yogaphoenix.com), [www.yogaphoenix.com](http://www.yogaphoenix.com) (602)271-4480. Cost: \$15

#### **Gong Meditation Special Event**

December 2011-2012, 3rd Saturdays, 7pm

Releasing and relaxing full hour gong lay out to clear and balance chakras. Afterwards share healing pies and conversation in a state of higher consciousness with like-minded people. Bring thick comforting padding for a full hour layout on the floor. Yoga Phoenix, 2302 N. 9th St., Phoenix. Contact: Jaap Kaur, (602)410-4782. [jaap.kaur@cox.net](mailto:jaap.kaur@cox.net), [www.yogaphoenix.com](http://www.yogaphoenix.com). Cost: \$15.

## **Kundalini Yoga Tuesday Night**

Weekly

Yoga for All. Vision Quest, 2225 North Scottsdale Rd., Scottsdale. Contact: Jaap Kaur, (602)410-4782. jaap.kaur@cox.net, <http://www.visionquestbooks.com>. Cost: \$12 and series discount.

## **TUCSON**

### **All Day Bootcamp**

Saturday, December 3

Join us and get away from it all! This is a "mini retreat" at a fraction of the price. Get rinsed out, refreshed and empowered one pose at a time! Contact: Chelsea Lucas, Arizona Power Yoga, 8567 N. Silverbell Rd. # 225, Tucson. (520)409-9241. Chelsea@arizonapoweryoga.com, [www.arizonapoweryoga.com](http://www.arizonapoweryoga.com) Cost: \$75. **AYA Discount: 10%.**

### **Death, Dying & Rebirth: A Yogic Perspective**

Sunday, December 11

We will explore the inner stages in the death and dying process and the series of conscious states or bardos that arise and dissolve one after another. We will investigate the stages and descriptions of reincarnation as presented in the Bardo Thodal, The Tibetan Book of the Dead. Yoga Connection, 3929 East Pima, Tucson. (520)323-1222. yoga@yogaconnection.org, [www.yogaconnection.org](http://www.yogaconnection.org). Cost: \$30 (\$35 after 12/7).

### **Ben Thomas Workshop**

Saturday, December 17, 9am-noon

Morning workshop by Senior Certified Iyengar Yoga teacher Ben Thomas will include asana instructions, philosophy, a focus on breath and energy, and the quiet introspection of meditation. All levels invited and welcome. Contact: Katherine Maltz, BKS Iyengar Yoga Studio of Tucson, 3400 E. Speedway, Ste. 200, Tucson. (520)743-7142. iyengartucson@msn.com, [www.iyengartucson.com](http://www.iyengartucson.com). Cost: \$75.

### **40 Days to Personal Revolution**

Starts January 1

Join Joseph Lauricella as he leads you on this 40 Days to your Personal Revolution. Do yoga everyday, meditate, eat healthy food, journal and meet weekly to gain support and insight into your process. Contact: Chelsea Lucas, Arizona Power Yoga, 8567 N. Silverbell Rd. # 225, Tucson. (520)409-9241. Chelsea@arizonapoweryoga.com, [www.arizonapoweryoga.com](http://www.arizonapoweryoga.com) Cost: \$125. **AYA Discount: 10%.**

### **Mindfulness Yoga Training**

January 6-March 4

Four 10-hour weekends integrating Mindfulness into asana practice. A six-month extended learning component follows. Contact: Frank Jude Boccio, Tucson Yoga, 150 S. 4th Ave., Tucson. (520)624-7949. frankjude@mindfulnessyoga.net, [www.tucsonyoga.com](http://www.tucsonyoga.com). Cost: \$500 by Dec. 30, \$550 after.

## **LifeForce Yoga Practitioner Training for Anxiety & Depression ~ Level 1**

January 8-15

Learn an evidence-based practice for depression & anxiety grounded in ancient yogic strategies and supported by current research in psycho-neurobiology. This is a residential program.

Contact: Rose Kress, Desert Renewal Center, 7101 W Picture Rocks Rd., Tucson. (520)349-2644. [rose@amyweintraub.com](mailto:rose@amyweintraub.com), [www.yogafordepression.com](http://www.yogafordepression.com). Cost: \$1125-\$1450. **AYA**

**Discount: \$25**

## **Yoga & Ayurveda**

Sunday, January 8

Discover how food choices, daily routines and yoga can help you live a longer healthier and happier life. Learn what your dosha is and explore Ayurvedic remedies for common illnesses.

Yoga Connection, 3929 East Pima, Tucson. (520)323-1222. [yoga@yogaconnection.org](mailto:yoga@yogaconnection.org), [www.yogaconnection.org](http://www.yogaconnection.org). Cost: \$25, \$30 after 1/4/12.

## **Restorative Yoga Teacher Training**

Saturday, January 28 & Saturday February 25

Postures are done with the support of props to let the body stretch and open on its own, allowing for greater circulation of blood, oxygen and energy. Learn to do an entire class or integrate this approach into a regular class. Yoga Connection, 3929 East Pima, Tucson.

(520)323-1222. [yoga@yogaconnection.org](mailto:yoga@yogaconnection.org), [www.yogaconnection.org](http://www.yogaconnection.org). Cost: \$200 Pay in full by 1/20 and save \$20!

## **Yoga for the Highly Sensitive Person**

January and February, date to be determined

Nurture and balance your nervous system with gentle postures, pranayama, relaxation and meditation. This practice is informed by ayurveda and somatic psychology. Contact: Joann Lutz, CYI, LICSW. (413)320-1494. [joannlutz@yahoo.com](mailto:joannlutz@yahoo.com), [www.yogainpsychotherapy.com](http://www.yogainpsychotherapy.com). Cost:

TBD. **AYA Discount: %10.**

## **Get Moving - Safely!**

Saturday, February 4 & Sunday, February 5

Open to yoga teachers and students looking to gain greater understanding of the principles of movement as they relate to yoga. Yoga Connection, 3929 East Pima, Tucson. (520)323-1222. [yoga@yogaconnection.org](mailto:yoga@yogaconnection.org), [www.yogaconnection.org](http://www.yogaconnection.org). Cost: \$180 (\$165 if paid in full by 1/28).

## **Yoga Teacher Training**

Friday, February 10

Become an authentic powerful yoga teacher in Arizona Power Yoga's 12-week program. Master Teacher Joseph Lauricella will guide your program and take you deeper into your yoga poses and into yourself! Contact: Chelsea Lucas, Arizona Power Yoga, 8567 N. Silverbell Rd. # 225, Tucson. (520)409-9241. [Chelsea@arizonapoweryoga.com](mailto:Chelsea@arizonapoweryoga.com), [www.arizonapoweryoga.com](http://www.arizonapoweryoga.com) Cost: \$3200.

## **Bringing Classic, Trauma-sensitive Yoga into work with Individuals and Groups**

Date to be determined

This Professional training, developed for health and mental health professionals, offers an in-depth background in yogic philosophy, asana, pranayama, yoga nidra and meditation plus guidelines for using these techniques with patients and clients. Location TBD. Contact: Joann Lutz, CYI, LICSW. (413)320-1494. [joannlutz@yahoo.com](mailto:joannlutz@yahoo.com), [www.yogainpsychotherapy.com](http://www.yogainpsychotherapy.com).  
Cost: TBD. **AYA Discount: %10.**