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## February Teaching Schedule

### Mondays:

Power Yoga  
9:45-10:45am (MSF)  
Yoga 101  
5:30-6:30pm (MSF)

### Tuesdays:

Basics Yoga  
6-7:15pm (GCC)

### Wednesdays:

Basics Yoga  
9:00-10:00am (PP)  
All Levels Yoga  
6:00-7:00pm (MSF)  
Candlelight Yoga  
7:00-8:00pm (MSF)

### Thursdays:

Basics Yoga  
9:30-10:30am (MSF)  
Basics Yoga  
5:30-6:30pm (MSF-P)  
Power Yoga  
6:30-7:30pm (MSF-P)

### Fridays:

10:00-11:30am (Sun City)

### Saturday Yoga:

**Feb 4th & 18th (MSF)**  
All Levels- 9:00-10:00am  
Power- 10:00-11:00am

**Workshop- Feb 25th**

**GCC**-Glendale Comm College

**MSF**- Mountainside Fitness  
(Surprise)

**MSF-P**- Mountainside Fitness  
(Peoria)

**PP**- Park Place Condominiums

## QUICK LINKS

[Yoga4U Website](#)  
[Mountainside Fitness](#)  
[Glendale College](#)  
[Sangha Yoga](#)  
[Forest House Yoga](#)

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## Contact Information:

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## Come to your Senses

### Workshop with Donna

*A truly unique yogic workshop using direct sensory input to connect the body and mind together.*

### Mindfulness Centered on the Body through

*\*Sight\*Hearing\*Touch\*Smell\*Taste*

### A journey of the senses through Asana

*Saturday, February 25th*

*1:30pm-3:30pm*

### Hosted by

Sangha Yoga Studio

13291 W. McDowell Road

Suite E-1 (located in Lavender Moon Store)

Goodyear, AZ 85395

(623) 935-0501

\* Register on-line at [Sangha Yoga](#)  
\$25.00 pre-register \$30.00 same day

For Mountainside Fitness members this workshop will be offered:

March 3rd- 12:00-2:00pm (Surprise)

March 10th- 12:00-2:00pm (Peoria)



## February Book Club

Wednesday, Feb 8th, 10:30am

Meeting @ Starbucks (Bell Rd & Reems)

Discussing: *Tales from the Yoga Studio*, by: Rain Mitchell

Next Months Read: *Yoga Bitch: One Woman's Quest to Conquer Skepticism, Cynicism, and Cigarettes on the Path to Enlightenment* By: Suzanne Morrison

## Join me for a small group yoga class

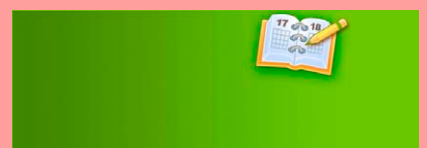
Park Place Yoga - Wednesdays 9am-10am

Drop-in Yoga Class, Only \$5.00 per class!

See my website for location (must have gate code)

## Mark your calendars

March 30, 31st & April 1st



**3 day workshop with Debbie Forrestt** [Forest House Yoga](#)

## Visit my online store for your Yoga needs.

Natural rubber yoga mats, Foam Rollers, 8' Yoga Straps, Mat Harness, Eye Pillows, Yoga Jewelry, Guardian Bells, Keychains, and more.

See my [website store](#) for pricing.



*When you worry, you are praying for what you don't want!*