

Monthly Meditation Class-The Art of Being



When:

Sat, 25 September, 2010
1:30 – 3:30 PM

Where:

Private Residence in the
Foothills N/E Side of Tucson



• Relax • Stretch • Breathe • Concentrate • Contemplate • Be Present •

Claudia Russell, MA, RYT

Claudia practices yoga for the last 24 years. She has trained in the *Iyengar* tradition, *Ashtanga* tradition, and is a certified senior level *Integral Yoga* instructor. She has also received training in *Therapeutic Yoga*.

“Live it to give it” is Claudia’s mantra in order to serve her yoga students best; she teaches that which she experiences in her own practice. Her other passion in life is her work as a certified life coach, and she loves to combine the knowledge and insights of both. Claudia has a BA in Counseling Psychology and a MA in Human Relations. She is also a certified *Find Your Own North Star* life coach. To find out more about Claudia, please visit her website under

www.russellcoaching.com .

Upcoming Events :

Saturday, 09 October, 2010

Asana 101

Saturday, 23 October, 2010

The Art of Being

Monthly Meditation Class



Join yoga instructor Claudia Russell, RYT, MA, for this monthly Meditation/ Contemplation class. We practice Hatha Yoga to keep the body limber and healthy, often times forgetting that the yoga postures were developed for only one major purpose: to condition the physical body to be able to sit still and comfortably in meditation. The secret elixir to perfect health, inner peace and total presence is daily MEDITATION. Yoga’s ultimate aim is to calm the ripples of the mind and to reunite body, mind and spirit- a state where living by ones true potential and truth is possible.

This new monthly meditation class aims toward rounding and completing the student’s Yoga experience. Focusing on the missing limbs of a complete Yoga experience, we will practice breathing exercises to calm the mind, concentration exercises to focus the mind and guided meditation to become fully present. In addition, each participant will be given a handout with a contemplative exercise aiming towards presence and purpose in everyday life.

Join this monthly class and become a member of a mindful, purposeful & joyous community of meditating yogis and yoginis. **No prior yoga or meditation experience necessary!**

- ❖ Stretching the Body for Meditation
- ❖ Calm the Mind through Breath
- ❖ Develop Concentration
- ❖ Guided Meditation
- ❖ Guided Relaxation
- ❖ Food for Thought –Contemplation

Call Claudia at 520-481-8796 or e-mail her at claudia@russellcoaching.com to sign up, pay and receive directions to class location.

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Cost: \$ 15.00 (Sign up and pay for monthly Yoga workshop and monthly meditation class and save \$ 5.00); call Claudia at 520-481-8796 or e-mail her at claudia@russellcoaching.com to register and pay. * Payment prior to workshop is requested. Sorry, no refunds possible ☹. Thank you!