

Yoga 4 All Class Schedule



Monday 6:30-7:30 am

Sparkle Yoga with Sparkleblaster Amelia on Zoom only

Sparkle Yoga offers an inclusive and creative approach to Kundalini, exploring the magic of movement, meditation, and mantra. Sparkleblaster Amelia will always give participants options and choices that encourage self-empowerment. She aspires to hold the lantern for students to discover the teacher within.

Tuesdays (Check website/studio bulletin board for schedule)

PolyBagel @ St. Andrew's only

Tuesday evening's class slot will be open to the PolyBagel experience. Think delicious, nourishing everything bagel for the soul! These everything events may include kundalini yoga, other types of yoga, breathwork, bodywork, dance, chanting, meditation, poetry readings, artistic collaboration, storytelling, somatic healing, and sound healing. These gatherings are meant to promote all levels of health and well-being with activities that uplift, inspire, illuminate, and transform!

Thursday 6:30-7:45 am

Kundalini Yoga with Sant Saroop @ St. Andrew's and Zoom

This class offers a wide variety of kriyas, pranayams (breathwork), mantras, and meditations in a strong container. Everyone is encouraged to drop in to their own experience given their personal intention, physical capacity, and connection to their path. SS Barb is a professional posture therapist and loves to help everybody find their way to a physical and energetic modification for any pose. She was an 8th grade teacher for 24 years; so, expect a bit of levity and humor woven into all her classes. Expect also to be seen, accepted, and held.

Friday 6:30-7:45 am

Kundalini Yoga with Ivana Liv Daspreet on Zoom only

These are general kundalini yoga classes, suitable for all levels, enriched by Ivana's exploration of shamanism, her love of ritual and music, and her trainings in body-oriented psychotherapy, conscious dance, music, and tantra. Expect gentle, heart opening kriyas, meditations, mantra singing, dancing, and ritual.

Saturday 10-11:30 am

Kundalini Yoga with Libby Tej Bhagwati @ St. Andrew's and Zoom

These classes are an invitation to inner discovery and self-exploration, aligning body, mind, and soul with the universal flow of life-force through a mindful, focused, and gentle approach to kundalini yoga practices involving breathwork, postures, mantra, relaxation, and meditation. Each session expands your horizons to experience your true and unique essence while strengthening your own unique gifts and capacities to be the bright light you already are. All levels are welcome.

1st Saturdays 4-5:15 pm (Please arrive 10-15 minutes early to settle in; no admittance after 4 pm)

Gong Bath and Crystal Singing Bowls with Rajpal Kaur @ St. Andrew's

Rajpal will begin with alchemy crystal bowls to create the most profound state of conscious relaxation. Then the healing vibrations of two gongs are used to soothe your nerves, nourish your immune system, and release deeply held blockages. Sound healing works on the physical body and affects brainwave frequencies and thought patterns while increasing natural harmony and vitality.

Sunday 4-5:30 pm

Kundalini Yoga with Sant Saroop @ St. Andrew's and Zoom

This class offers a wide variety of kriyas, pranayams (breathwork), mantras, and meditations in a strong container. Everyone is encouraged to drop in to their own experience given their personal intention, physical capacity, and connection to their path. SS Barb is a professional posture therapist and loves to help everybody find their way to a physical and energetic modification for any pose. She was an 8th grade teacher for 24 years; so, expect a bit of levity and humor woven into all her classes. Expect also to be seen, accepted, and held.

St. Andrew's Episcopal Church 545 S 5th Ave. Tucson, AZ 85701 (enter on 16th St.)

For more information and Zoom links: www.Yoga4AllTucson.org/#class

We wish to keep our offerings available to all. If anyone feels unable to pay the full amount, please reach out to Sant Saroop, Libby, Amelia, or Andrew.