



## **Mysore Program**

With **Lisa Schrempp**

**At**

## **Yoga Flow**

**Monday through Friday 6:00am to 7:45am**

Please arrive early enough to be finished by 7:45 am



The Mysore classes are conducted in the teaching style of Sri K Pattabhi Jois. The practitioner is asked to practice daily except Saturdays, new and full moon, and the first three days of the female practitioners menstrual cycle. The practice is taught on an individual basis depending of the ability of the student to learn, digest, and assimilate the instruction and the asanas. As the student progresses the teacher helps them to continue in deeper understanding of the practice and asanas and assist them as they progress through the series. The first series is called Yoga Chikitsa it reorganizes and purifies the body.

One-Month Daily Practice(5x week) - \$100

Three Times Per Week - \$80

Drop in - \$10

\* The drop in classes are for those who have an ashtanga practice but cannot commit to the 3 to 5 early daily practice sessions.

\* If you are new to the Mysore style but think that it might suit you please call or email me. (520) 629-8878 or [lisaschrempp@aol.com](mailto:lisaschrempp@aol.com)

### **Yoga Flow**

**3131 North Cherry Ave. Tucson, AZ**

**Southwest corner of Ft. Lowell & Cherry 1 block west of Campbell Ave**

**321-YOGA (9642)**

**[www.yogaflowtucson.com](http://www.yogaflowtucson.com)**

