

MORE EVENTS

~ 200hr Foundation Yoga
Teacher Training & 300hr
Advanced Yoga Teacher
Training
Begins Sept 2018

More info on tuition/dates/syllabus and
application : www.livingyouryoga.org
Questions: 505-227-7765

~ Fall Equinox Meditation
Retreat with Aparna
Dates : Sept 20th-26th

7 day residential Vipassana meditation
retreat at the Bodhi Manda Zen Center,
Jemez Springs. **More info and registration:**
www.livingyouryoga.org.
Questions : 505-227-7765

~ Yoga, Breath and Stress
Management with Bri. Shobana
Sun, April 15th, 3:30-6:30pm
\$25 Suggested Donation

This workshop will include a yoga class,
talk and meditation based in Amrita Yoga.
Call 505-982-9801 to reserve your space.

~ Eastern Philosophy on Western
Ground with Aparna
Sat, April 28th, 4-6pm, \$20

An ongoing monthly talk/lecture on Eastern
philosophy and psychology from the
traditions of Hinduism, Vedanta, Tantra,
Buddhism, Yoga and more. 90 mins of
talk/lecture + 30 mins open discussion. Tea
and snacks included.

~ Ayurveda and the Mind
with Emma

April 21-22, \$35/session or \$90 for 3

A Practicum: Addressing Anxiety,
Depression, and Mental Illness through the
Ancient Traditions of Ayurveda & Yoga.
Sat 4/21, 9am-12pm and 1:30-4:30pm
Sun 4/22, 1:30-4:30pm
Call 505-585-3736 to reserve your space.



OUR MISSION

To empower people and
communities to realize their
full potential through the
transformative wisdom, power
and practice of Yoga, Ayurveda
& Meditation.

*Yogasaar offers a variety of
workshops and events throughout
the year. For more information, or
to book your event at Yogasaar,
please contact us at
tiffany@livingyouryoga.org or visit
www.livingyouryoga.org*



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE

Albuquerque, NM

APRIL 2018

Schedule of Classes



Questions?

tiffany@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00 pm Mixed Level Vinyasa with Aparna	9:00-10:15 am Level I Vinyasa with Thresa 5:30-6:45 pm Mixed Level Vinyasa with Aparna 7:00-7:45 pm Vipassana Meditation with Aparna	9-10:15 am Level 1 Yoga With Kate 4:15-5:30 pm Yin Yang Fusion with Roberta 5:45-7:00 pm Mixed Level Vinyasa with Aparna 7:15-8:30 pm Yin Restore with Roberta	9:00-10:15 am Level I Vinyasa with Roberta 5:30-6:45 pm Mixed Level Vinyasa with Aparna 7:00-7:45 pm Vipassana Meditation with Aparna	5:30-6:45 pm Level I Vinyasa with Carol	10 am-12 pm Advanced Yoga with Aparna (ONLY 4/14) \$20 Drop In 4:00 – 5:30 pm Learn Sanskrit (ONLY 4/14) \$20 Drop In 7:00 - 8:30 pm One Heart Circle Songs with Marie (ONLY 4/7 & 4/21) \$15 Drop In	9-10:15 am Core Conditioning Flow with Tiffany

**New Student
Special!
\$99 for 3
months of
UNLIMITED
YOGA**

**Special Pricing
for Veterans
\$6 drop in or
\$50 for 8 classes a month**

Class Bundles (Prices do not include tax)
 \$12 Drop in
 \$60 for 8 Classes a Month – Ideal to practice twice a week (Students \$50)
 \$90 for 12 Classes a Month – Ideal to practice 3 times a week (Students \$75)
 \$120 One Month Unlimited Classes (excludes monthly classes)
 \$90 Aparna’s Tues & Thurs Yoga & Meditation Bundle (Students \$80)

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(505) 585-3736