

MORE EVENTS

~ Sanskrit: the language of yoga

Dec. 9th, 4-5:30pm, \$20

Learn how to articulate, write and understand basic Yoga & Ayurveda Sanskrit terminology. One class at a time learn a language whose every alphabet and syllable is said to be a mantra in itself.

~ Mindfulness for All Levels

Dec. 16th, 4-6pm, \$30

Based on techniques from mindfulness based stress reduction program (MBSR) and mindfulness based cognitive therapy (MBCT) this monthly class offers simple and straightforward forms of mindfulness meditations that can be done by anyone in 10-20 mins a day.

~ Winter Solstice Meditation Intensive

Dec. 17th, 11am-2pm

Early bird before Dec 8th \$40

After Dec 8th \$50

This meditation intensive will explore the Buddha's teachings on mindfulness and apply these teachings into meditation practices for home as well as tools for living life with a healing steady presence. Our task will be to train the puppy mind to become our lifelong friend.



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 aparna@livingyouryoga.org or visit www.livingyouryoga.org



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE

Albuquerque, NM

DECEMBER 2017

Schedule of Classes



Questions?

aparna@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 NO CLASSES on Christmas Day 12/25 or New Year's Day 1/1	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	9-10:15am Yoga for Strong Bones With Kate 4:15-5:30pm 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	6:00-7:15 pm Restorative Yoga with Thresa/Carol	9:15-10:30 am Core Conditioning Flow with Tiffany (Dec 2 nd & Dec 16 th) 10 am-12 pm Advanced Yoga with Aparna (ONLY Dec 9 th) \$20 Drop In	4:30-5:45 pm Restorative Yoga with Carol 6:00-7:00 pm Pranayama Sadhana with Carol NO CLASSES on Christmas Eve 12/24 or New Year's Eve 12/31



Class Bundles (Prices do not include tax)

- \$10 Drop in
- \$50 for 8 Classes a Month – Ideal to practice twice a week (Students \$40)
- \$80 for 12 Classes a Month – Ideal to practice 3 times a week (Students \$60)
- \$100 for 16 Classes a Month – Ideal to practice 4 times a week
- \$120 One Month Unlimited Classes (excludes monthly classes)
- \$80 Aparna's Tues & Thurs Yoga & Meditation Bundle (Students \$60)

Special Pricing
 for Veterans
 \$5 drop in or
 \$40 for 8 classes a month

New Student
Special! Attend
4 classes, get the
5th FREE