

MORE EVENTS

~ **The Essence of Hatha Yoga with Micha**
Sat, Feb, 3rd, 3-5:30pm, \$25

Explore the true essence of Hatha Yoga through the dualistic lens of Shiva and Shakti, Yin and Yang, Sun and Moon, Body and Breath. Asana, pranayama, meditation and discussion included.

~ **One Heart Circle songs with Marie, Sat,**
Feb 3rd and Sat, Feb 17th, 7-8.30pm, \$15

Guided Community Vocal Jam - Likened to singing meditation. Join this tapestry of sound in a mistake free zone. All voices welcome!

~ **Eastern Philosophy on Western Ground with Aparna, Sat, Feb 10th, 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 followed by 30 mins of open floor discussion & sharing. Tea and snacks included.

~ **Kirtan: The Power of Mantra with Aparna & Friends, Sat, 2/17, 5-6.30pm, \$15**

As much music as magic, collective chanting of sacred mantras and songs uplifts the consciousness and charges the atmosphere with positive energy uniting hearts across all cultures. Come bliss out!

~ **Sanskrit: The Language of Yoga with**

Aparna, Sat, Feb 24th, 11am-12:30pm, \$20

Learn how to articulate, write and understand basic Yoga & Ayurveda Sanskrit terminology - a language whose every letter and syllable is said to be a mantra in itself.



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

FEBRUARY 2018

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	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	9:00-10:15am Hatha Yoga with Micha 5:30-6:45 pm Level I Vinyasa with Carol 7:00-8:15 pm Restorative Yoga with Thresa/Carol	10 am-12 pm Advanced Yoga with Aparna (ONLY Feb 10 th) \$20 Drop In	9-10:15 am Core Conditioning Flow with Tiffany



**VALENTINE'S DAY
SPECIAL!**
All classes and bundles
are 2 for 1 all day on
Feb. 14th!

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

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

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)