

## MORE EVENTS

~ NEW YEAR Workshop

“Balance & Revitalize”

Mon, Jan 1<sup>st</sup> from 11am-1pm, \$15

Along with an asana practice to detoxify and center, this workshop will encourage participants to develop concrete, achievable “Yoga New Year Resolutions.” Goals will be highly individual.

~ Sanskrit: The Language of Yoga

Sat, Jan 6<sup>th</sup>, 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.

~ “Finding Balance, Rediscovering Energy” - A Chakra Workshop Series

Sat, Jan 20<sup>th</sup> & Sun, Jan 21<sup>st</sup> from

11:00am – 1:00pm, \$25 for both or \$15 ea.

Call (505) 515-1772 to register.

Gain tools to help channel your energy where you want it and bring more ease to daily life with yoga, meditation and more.

Sat: Energetic Tune-up/Lower Chakras.

Sun: Going Higher/Upper Chakras.

~ Balancing the 5 Elements Yoga:

Space - Freedom

Sat, Jan 27<sup>th</sup>, 11-1pm, \$50

Space is the mother of all elements - mystical and omnipresent. Explore the rhythmic movements of the 4 foundational elements; be guided through the 5 bodies with Yoga Nidra; balance the throat chakra (aka, Vishudha or 5<sup>th</sup> Chakra). REGISTRATION NEEDED. Call 505-227-7765 to RSVP.



## 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](mailto:aparna@livingyouryoga.org) or visit [www.livingyouryoga.org](http://www.livingyouryoga.org)*



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE

Albuquerque, NM

## JANUARY 2018

### Schedule of Classes



Questions?

[aparna@livingyouryoga.org](mailto:aparna@livingyouryoga.org)

[www.livingyouryoga.org](http://www.livingyouryoga.org)

[facebook.com/yogasaar](https://facebook.com/yogasaar)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:45-7:00 pm Mixed Level Vinyasa with Aparna</p>	<p>9:00-10:15 am Level I Vinyasa with Thresa</p> <p>5:30-6:45 pm Mixed Level Vinyasa with Aparna</p> <p>7:00-7:45 pm Vipassana Meditation with Aparna</p>	<p>9-10:15am Yoga for Strong Bones With Kate</p> <p>4:15-5:30pm Yin Yang Fusion with Roberta</p> <p>5:45-7:00 pm Mixed Level Vinyasa with Aparna</p> <p>7:15-8:30 pm Yin Restore with Roberta</p>	<p>9:00-10:15 am Level I Vinyasa with Roberta</p> <p>5:30-6:45 pm Mixed Level Vinyasa with Aparna</p> <p>7:00-7:45 pm Vipassana Meditation with Aparna</p>	<p>6:00-7:15 pm Restorative Yoga with Thresa/Carol</p>	<p>10 am-12 pm Advanced Yoga with Aparna (ONLY Jan 6<sup>th</sup>) \$20 Drop In</p>	<p>9-10:15 am Core Conditioning Flow with Tiffany</p>

**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)

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

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