

MORE EVENTS

~DROP & Give me ZEN. Advanced asana & pranayama with Aparna
Sat, July 14th, 11am-12:30pm, \$20

This wkshp/practice offers creative sequencing and balances dynamic movement with longer holds to build both strength and flexibility.

~ Eastern Philosophy on Western Ground with Aparna
Sat, July 14th, 4-6pm, \$20

A monthly talk on Eastern philosophy and psychology from traditions of Hinduism, Vedanta, Tantra, Buddhism, Yoga and more. Includes open discussion + tea/snacks

~ Sanskrit with Aparna

Sat, July 21st, 11am-12:30pm, \$20

Read, articulate, write and understand basic Sanskrit, a language whose every alphabet and syllable is said to be a mantra in itself.

~ Timeless secrets of health & rejuvenation: Ayurveda for Body & Mind with Aparna
Sat, July 21st, 4pm-6pm, \$20

Based in the ancient healing tradition of Ayurveda that dates back thousands of years, this ongoing talk/lecture explains the principles behind the science of Ayurveda, explores physical and psychological characteristics of each of the mind-body types and offers natural alternatives with practical advice to help you begin your journey to the ultimate 'state of balance' and well being. 90 mins of talk/lecture followed by 30 mins of open floor discussion, sharing & questions. Tea and snacks included.

~ Fall Equinox Meditation

Retreat with Aparna
Sept 20th-26th at Jemez Springs

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



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

JULY 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	9:30-10:45 am Level I Vinyasa with Jaime 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 Tiffany/Tonya 7:00 - 8:30 pm One Heart Circle Songs with Marie (ONLY 7/6) \$15 Drop In	<div data-bbox="1486 230 1730 649" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>See our Saturday line-up of monthly classes and workshops on the other side!</p> </div>	9-10:15 am Core Conditioning Flow with Tiffany
<div data-bbox="558 993 1003 1088" style="border: 2px solid black; padding: 5px;"> <p>No classes July 4th</p> </div>						

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)

New Student
Special!

**\$99 for 3 months of
UNLIMITED YOGA**

**Special Pricing
for Veterans**

\$6 drop in or
\$50 for 8 classes a month

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