

MORE EVENTS

~ LEARN Sanskrit: The language of Yoga & Ayurveda with Aparna
Sat, June 9th, 11am-12:30pm, \$20

An ongoing monthly class that offers an opportunity to learn how to read, articulate, write and understand basic Yoga, Ayurveda & Mantra Sanskrit terminology. One class at a time learn a language whose every alphabet and syllable is said to be a mantra in itself.

~ Eastern Philosophy on Western Ground with Aparna
Sat, June 9th, 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.

~ Summer Solstice Meditation Intensive with Aparna
Sun, June 24th, 11am-2pm, \$40 (RSVP req)

Codependence vs Fearless Compassion
This meditation intensive will teach how to recognize the difference between our actions that are compassionate vs actions that are dependent, and how to honor our own limits and true capacity fearlessly.

This intensive requires pre-registration as space is limited. More info is available at www.livingyouryoga.org. RSVP at 585-3736.



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

JUNE 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 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	4:00 - 5:30 pm One Heart Circle Songs with Marie (ONLY 6/2) \$15 Drop In	9-10:15 am Core Conditioning Flow with Tiffany

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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