

MORE EVENTS

~ Spring Equinox Meditation Intensive with Aparna
Sun, Mar 18th, 11am-2pm, \$40

To fully integrate life and all parts of ourselves we must cease dividing our life into compartments; periods of work, vacation, recreation, etc., separating business life, love life and spiritual life from the time set aside for sports, exercises and enjoyment.

Over time such patterns of fragmentation begin to define which parts of ourselves are good or worthy vs which parts of ourselves are not so good or unworthy. This meditation intensive will share teachings from Buddhist psychology that aim to bring together all aspects of ourselves and our lives together into wholeness.

“Wholeness is not achieved by cutting off a portion of one's being, but by integration of the contraries.” - Carl Jung

NOTE: THIS CLASS NEEDS PRE-REGISTRATION. Please call 505-585-3736 to register or register online at www.livingyouryoga.org.

~ Eastern Philosophy on Western Ground with Aparna
Sat, March 31st, 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.



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

MARCH 2018

Schedule of Classes



Questions?

tiffany@livingyouryoga.org

www.livingyouryoga.org

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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	9-10:15 am Yoga for Strong Bones 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	9:00-10:15 am 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 3/17) \$20 Drop In 4:00 – 5:30 pm Learn Sanskrit (ONLY 3/17) \$20 Drop In 7:00 - 8:30 pm One Heart Circle Songs with Marie (ONLY 3/3 & 3/17) \$15 Drop In	9-10:15 am Core Conditioning Flow with Tiffany

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

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

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)

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