

## MORE EVENTS

~ Kirtan: The Power of Mantra with Aparna & Friends  
Fri, May 4<sup>th</sup>, 6-8pm, \$15  
Join us for an evening of Bhakti yoga, song, chant and mantra.

~ Staycation: Asana + Guided Relaxation with Tiffany  
Sun, May 13<sup>th</sup>, 1-3pm, \$15 / \$20 at door  
This Mother's Day, treat yourself or a loved one to some cleansing yoga followed by deep, guided relaxation. RSVP: 585-3736.

~ Yoga for Osteoporosis & Arthritis with Kate  
Sat, May 19<sup>th</sup>, 4-6pm, \$20 / \$25 at door  
Yoga can be therapeutic for osteoporosis and arthritis. Learn to strengthen bones, increase flexibility, and modify poses for your body. RSVP: 585-3736.

~ 200hr Foundation Yoga Teacher Training - **Begins Sept 2018**  
Gain a unique skill set to connect with your authentic self and guide others to do the same. More info on tuition/dates/syllabus and application : [www.livingyouryoga.org](http://www.livingyouryoga.org)  
Questions: 505-227-7765

~ 300hr Advanced Yoga Teacher Training- **Begins Sept 2018**  
Learn to unfold the vital, yogic mind-body-spirit connection and how to share this skill with others. More info on tuition, dates, syllabus & application at [www.livingyouryoga.org](http://www.livingyouryoga.org). Questions: 227-7765

~ Fall Equinox Meditation Retreat with Aparna  
Sept 20<sup>th</sup>-26<sup>th</sup> at Jemez Springs  
7 day residential Vipassana meditation retreat at the Bodhi Manda Zen Center, Jemez Springs. **More info and registration:** [www.livingyouryoga.org](http://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](mailto:tiffany@livingyouryoga.org) or visit [www.livingyouryoga.org](http://www.livingyouryoga.org)*



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE

Albuquerque, NM

MAY 2018

## Schedule of Classes



Questions?

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

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

[facebook.com/yogasaar](https://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 (NO MEDITATION CLASS 5/14 - 5/25)	9-10:15 am Level 1 Yoga With Kate  4:15-5:30 pm Yin Yang Fusion with Roberta* *ONLY 5/2, 5/9, 5/30 in May  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 (NO MEDITATION CLASS 5/14 - 5/25)	5:30-6:45 pm Level I Vinyasa with Tiffany/Tonya (No class 5/4)	7:00 - 8:30 pm One Heart Circle Songs with Marie (ONLY 5/5) \$15 Drop In	9-10:15 am Core Conditioning Flow with Tiffany

No class on  
**MEMORIAL  
DAY  
Mon, 5/28**

All of Aparna's classes will  
have subs from 5/14-5/25

**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

**MAY 2018**

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

[www.facebook.com/yogasaar](http://www.facebook.com/yogasaar)

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