

## More Studio Events!

~ KIRTAN : The Power of Mantra

Nov. 11<sup>th</sup>, 6pm, \$15 drop in

Join us for an evening of uplifting & joyful practice of Bhakti yoga.



~ Sanskrit: the language of yoga

Nov. 18<sup>th</sup>, 11am-12:30pm, \$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.



~ Mindfulness for All Levels

Nov. 18<sup>th</sup>, 4-6pm, \$30

Based on techniques from mindfulness based stress reduction program (MBSR) and mindfulness based cognitive therapy (MBCT) this monthly class offers simple and straightforward forms of mindfulness meditations that can be done by anyone in 10-20 mins a day.



### 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

NOVEMBER 2017

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
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	9-10:15am Yoga for Strong Bones With Kate  4:15-5:30pm 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  10-11:30am <b>Thanksgiving</b> Gentle Gratitude Flow with Carol \$10 Drop In	6:00-7:15 pm Restorative Yoga with Thresa/Carol	9:15-10:30 am Core Conditioning Flow with Tiffany (Nov 4 <sup>th</sup> & Nov 18 <sup>th</sup> )  10 am-12 pm Advanced Yoga with Aparna (ONLY Nov 11 <sup>th</sup> ) \$20 Drop In	4:30-5:45 pm Restorative Yoga with Carol  6:00-7:00 pm Pranayama Sadhana with Carol

**Thanksgiving Day  
ONLY class is  
Gentle Gratitude  
with Carol**

**Class Bundles** (Prices do not include tax)  
 \$10 Drop in  
 \$50 for 8 Classes a Month – Ideal to practice twice a week (Students \$40)  
 \$80 for 12 Classes a Month – Ideal to practice 3 times a week (Students \$60)  
 \$100 for 16 Classes a Month – Ideal to practice 4 times a week  
 \$120 One Month Unlimited Classes (excludes monthly classes)  
 \$80 Aparna’s Tues & Thurs Yoga & Meditation Bundle (Students \$60)

**Special Pricing  
for Veterans**  
 \$5 drop in or  
 \$40 for 8 classes a month

**New Student  
Special! Attend  
4 classes, get the  
5<sup>th</sup> FREE**