

Yogasaar

Your ONE STOP for all things

- ☉ Yoga,
- ☉ Ayurveda,
- ☉ Meditation &
- ☉ Kirtan

Visit our website for info on our

- ☉ classes,
- ☉ workshops,
- ☉ intensives,
- ☉ teacher trainings &
- ☉ retreats

www.livingyouryoga.org



SAVE THE DATE

Balancing the

- ☉ 5 Elements Yoga:
Air - Expansion
Oct 28th, 11am-1pm

- ☉ Kirtan: The
Power of Mantra
Nov 11th, 6pm

- ☉ Winter Solstice
Meditation Intensive
Dec 17th, 11am-2pm



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

SEPTEMBER 2017

Schedule of Classes



Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|--|
| 9-10:15am Yoga for Strong Bones With Kate 5:45-7:00 pm Mixed Level Vinyasa with Aparna No Classes Sept.4 th LABOR DAY | 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 | 5:45-7:00 pm Mixed Level Vinyasa with Aparna 7:15-8:30 pm Yin Restore with Roberta <div style="border: 1px solid black; padding: 5px; text-align: center;"> New Student Special! Attend 4 classes, get the 5th FREE </div> | 9:00-10:15 am Level I Vinyasa with Rhonda 5:30-6:45 pm Mixed Level Vinyasa with Aparna** 7:00-7:45 pm Vipassana Meditation with Aparna** **No evening classes on 9/14 | 6:00-7:15 pm Restorative Yoga with Thresa | 9:15-10:30 am Core Conditioning Flow with Tiffany (Sept 2 nd & Sept 23 rd) 10 am-12 pm Advanced Yoga with Aparna (ONLY Sept 9 th) \$20 Drop In 3-5:00 pm The Foundations of Yoga with Jaime (ONLY Sept 16 th) \$25 | 4:30-5:45 pm Restorative Yoga with Carol 6:00-7:00 pm Pranayama Sadhana 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