

EVENTS

~ **THE 5 PRANA VAYUS - Asana, Pranayama & Yoga Nidra with Aparna.** In this wkshp, Aparna will explore the energetics of the five Vayus, their value and significance in yoga practice, the role they play in Ayurveda, balancing them with specific pranayama's and then put it all together in a guided Yoga Nidra practice.

Wkshp II - Udana Vayu, Vyana Vayu & Integration of 5 Vayus

Sunday Nov 15th 10-1pm \$40

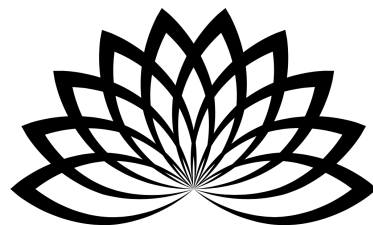
Call 505-227-7765 to save your space.

~**Winter Solstice MINDFULNESS INTENSIVE with Aparna** Wise

practice requires that we actively address the pain and conflict of our life in order to come to inner integration and harmony.

Mindfulness meditation practice can show us how to bring a healing attention & motivation to our practice removing the blocks that prevent us from accessing deeper levels of wellness, joy and peace.

Sunday Dec 20th 10am-1pm \$40. This wkshp requires pre-registration. Call 505-227-7765 to save your space.



OUR MISSION

To empower people and communities to realize their full potential through the transformative wisdom, power and practice of Yoga, Ayurveda & Mindfulness.

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

www.livingyouryoga.org



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE

Albuquerque, NM

CURRENT SCHEDULE OF CLASSES

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00 pm Mixed Level Flow with Aparna IN STUDIO & LIVE ONLINE	5:45-7 pm Mixed Level Flow with Aparna LIVE ONLINE 7:05-7:50 pm Mindfulness Meditation with Aparna LIVE ONLINE	5:45-7:00 pm Mixed Level Flow with Aparna IN STUDIO & LIVE ONLINE	5:45-7 pm Mixed Level Flow with Aparna LIVE ONLINE 7:05-7:50 pm Mindfulness Meditation with Aparna LIVE ONLINE	11.30-12.45pm Level 1 Flow with Aparna IN STUDIO & LIVE ONLINE 6-7:15 pm Level I Flow with Tonya LIVE ONLINE	9.15-10.15am Level 1 Flow with Aparna LIVE ONLINE 10.30 -11:45 am Level 2-3 Flow with Aparna LIVE ONLINE	<p><i>READ MORE ABOUT OUR WKSHPs ON THE OTHER SIDE</i></p> <p><i>ASK US ABOUT OUR YOGA TEACHER TRAININGS & MEDITATION TEACHER TRAININGS</i></p>

**Please check our website for
 our Holiday schedule**

**Special Pricing
 for Veterans**
 \$7 drop in studio classes only

Class Bundles (Prices do not include tax)
 \$15 Drop in
 \$80 for 8 Classes a Month – Ideal to practice twice a week (Students \$70)
 \$120 for 12 Classes a Month – Ideal to practice 3 times a week (Students \$100)
 \$160 One Month Unlimited Classes (excludes monthly classes or wkshps)
 \$130 Aparna’s Tues & Thurs Yoga & Meditation Bundle (Students \$100)
 OPEN BUNDLE Valid for 6 months : 10 classes \$100 or 12 classes \$120

New Student Special!
**\$99 for 3 months of UNLIMITED
 YOGA**
(excludes monthly classes)