

STUDIO EVENTS

~ SELF CARE MIND-BODY WELLNESS SERIES

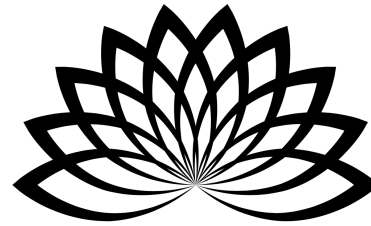
Join us each month to nourish and nurture yourself. Rejuvenate, replenish and re-energize your body-mind through our wellness series of wkshps that will explore a broad range of Yoga styles, Ayurveda, Mindfulness, Breathwork, Chakras, Yoga therapeutics and more. Sign up for a single wkshp or take any 3 wkshps for 15% off.

~SELF CARE SATURDAY with Roberta

Journey through your chakras with yoga, meditation and other methods that use chakra theory as a personal journey for growth and transformation. **Saturday April 6th Root chakra wkshp, 1-2.30pm, \$15**

~SELF CARE SUNDAY with Aparna

VIN/YIN - Flow & chill, begin with a warming Vinyasa practice allowing energy to begin flowing in the body & move to deep Yin poses to relax into the deepest layers of the body. Expect to leave feeling calm, peaceful and balanced ready to enjoy the week ahead. **Sunday April 14th, 11-12.30pm, \$20**



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

APRIL 2019

Schedule of Classes

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9-10.15am Level 1 Flow with Aparna</p> <p>5:45-7:00 pm Mixed Level Flow with Aparna</p>	<p>9-10:15 am Level I Flow with Aparna</p> <p>5:30-6:45 pm Mixed Level Flow with Aparna</p> <p>7:00-7:45 pm Mindful U – Applied Meditation with Aparna</p>	<p>9-10:15 am Level 1 Yoga With Kate \$12 drop in</p> <p>5:45-7:00 pm Mixed Level Flow with Aparna</p> <p>7:15-8:30 pm Yin Restore with Roberta \$12 drop in</p>	<p>9:00-10:15 am Level I Flow with Roberta</p> <p>5:30-6:45 pm Mixed Level Flow with Aparna</p> <p>7:00-7:45 pm Mindful U – Applied Meditation with Aparna</p>	<p>11.30-12.45pm Level 1 Flow with Aparna</p> <p>6-7:15 pm Level I Flow with Tonya/ Roberta</p>	<p>10 am-11:30 am Level 2-3 Flow with Aparna</p> <p>READ MORE ABOUT OUR WEEKEND EVENTS ON THE OTHER SIDE</p>	<p>9.30 - 10.30am Yoga for Kids with Anna (Only 04/28)</p> <p>11 am-12 pm Yang Flows with Roberta (Only 04/28) \$10 drop in</p> <p>12.30 - 1.30pm Family Yoga with Anna (Only 04/28)</p>

Class Bundles *(Prices do not include tax)*
 \$15 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 \$80)
 \$120 One Month Unlimited Classes (excludes monthly classes)
 \$90 Aparna's Tues & Thurs Yoga & Meditation Bundle (Students \$80)
 OPEN BUNDLE Valid for 6 months : 10 classes \$100 or 12 classes \$120

New Student Special!

**\$99 for 3 months of
UNLIMITED YOGA**

**Special Pricing
for Veterans**
 \$7 drop in or
 \$50 for 8 classes a month