

MORE EVENTS

~ **MINDFULNESS INTENSIVE :**
Winter Solstice meditation with
Aparna

Sat Dec 22nd, 11-2pm, \$40

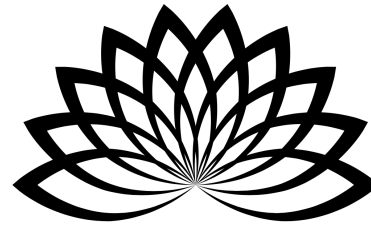
Intensives help create and cultivate sustainable meditation practices as well provide the opportunity to dive deeply into a topic. This solstice intensive will share teachings that guide a life filled with joy & integrity, and is both ordinary and awakened.

~ **COSTA RICA : Yoga &**
Mindfulness retreat May 2019

Our journey includes farm to table meals, hikes to National Parks, visit to a Jaguar rescue center, Dolphin tour, daily yoga and mindfulness, pristine beaches, time at the spa and more. **For more information please visit our website.**

~ **200hr Foundation Yoga**
Teacher Training AND
- 300/500hr Advanced Yoga
Teacher Training begins Jan
2019

Take a program that takes you deeper into the essence, science and technique of yoga practices for your body-mind-spirit health. Simply put, "It is a once in a life time experience".
GRAB A BROCHURE FOR MORE INFO.



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

DECEMBER 2018

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 Vinyasa with Aparna	9-10:15 am Level I Vinyasa with Aparna 5:30-6:45 pm Mixed Level Vinyasa with Aparna 7:00-7:45 pm Mindful U – Applied Meditation with Aparna	9-10:15 am Level 1 Yoga With Kate 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 Mindful U – Applied Meditation with Aparna	6-7:15 pm Level I Vinyasa with Aparna/ Tonya	10 am-11:30 pm Yoga – The Next Level with Aparna (ONLY 12/08 & 12/15) <i>PLEASE SEE MORE OF OUR WEEKEND EVENTS ON THE OTHER SIDE</i>	11 am-12 pm Yang Flows with Roberta (Only 12/30) \$10 drop in

**PLEASE NOTE WE WILL BE CLOSED ON
12/24, 12/25, 12/31 & 01/01**

New Student Special!

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

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)

**Special Pricing
for Veterans**
\$6 drop in or
\$50 for 8 classes a
month