

STUDIO EVENTS

~ SACRED SOUND WKSHP with Robert Malone

This Interactive workshop shares a brief Multi-Media presentation with ancient & modern insights involving the influence of sound on the human brain. Concluded by a Sound Bath Meditation with Quartz Crystal & Tibetan Singing Bowls, Gongs & Chimes

Sunday 02/10, 4.30-6.30pm, \$25. RSVP required.

~OPEN HOUSE with Aparna

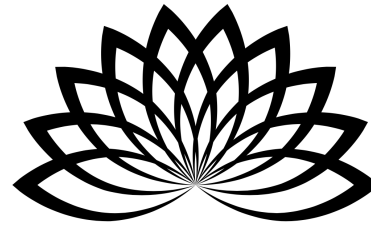
Learn about our Yoga Teacher Trainings. Get answers to all your questions. Also, hear from past trainees their direct experience and testimony. **Saturday 2/23, 11.30-12.30pm, FREE**

~ 200hr Foundation Yoga Teacher Training

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. Begins April 2019.

NOTE : For **KIDS YOGA** and **FAMILY YOGA** class prices please call us or check our website 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

FEBRUARY 2019

Schedule of Classes

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



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>‘NEW’ 6-7 am Wake up & Flow With Robert</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 Yoga – The Next Level with Aparna</p> <p>READ MORE ABOUT OUR WEEKEND EVENTS ON THE OTHER SIDE</p>	<p>‘NEW’ 4.30-6 pm Restorative Yin w/ Sound bath With Robert (Begins 2/17)</p> <p>9.30 - 10.30am Yoga for Kids with Anna (Only 02/24)</p> <p>11 am-12 pm Yang Flows with Roberta (Only 02/24) \$10 drop in</p> <p>12.30 - 1.30pm Family Yoga with Anna (Only 02/24)</p>

New Student Special!

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

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 \$75)

\$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

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