

NEW CLASSES

~ LEVEL 1 FLOW with Aparna

2 new Level 1/ Yoga 101 classes : a great way to begin with yoga or maintain your practice through gentle yet therapeutic mindful movement & breath. This class is designed to move slow and will intentionally take you into your body so you can release tension allowing you to leave the class feeling open, spacious and with a beautiful mind/body connection.

Monday's at 9am and Friday's at 11.30am

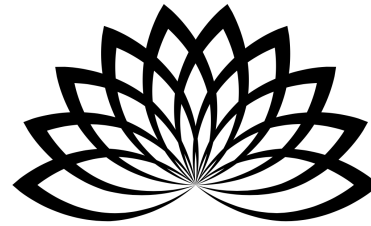
~YOGA FOR KIDS (4 - 12yrs) with Anna

Drawing from the Radiant Child Yoga this class is taught through songs, stories, mantras, mudras, repetition, community-building, play, games and themes. **Last Sunday of each month at 9.30am, 10/class per kid - first class \$5/kid**

~FAMILY YOGA (for adults and kids 4-12yrs) with Anna

Classes will include sharing a yogic theme, songs, mantras, games, partner poses, and other fun and active ways for families to connect to each other from a place of movement and authenticity.

. Last Sunday of each month at 12.30pm, \$12/adult and \$8/child (each additional child \$5)



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

JANUARY 2019

Schedule of Classes

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>‘NEW’ 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</p> <p>5:45-7:00 pm Mixed Level Flow with Aparna</p> <p>7:15-8:30 pm Yin Restore with Roberta</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>‘NEW’ 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 pm Yoga – The Next Level with Aparna</p> <p>READ MORE ABOUT THE NEW CLASSES ON THE OTHER SIDE</p>	<p>‘NEW’ 9.30 - 10.30am Yoga for Kids with Anna (Only 01/27)</p> <p>11 am-12 pm Yang Flows with Roberta (Only 01/27) \$10 drop in</p> <p>‘NEW’ 12.30 - 1.30pm Family Yoga with Anna (Only 01/27)</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)

**Special Pricing
for Veterans**

\$7 drop in or
\$50 for 8 classes a month