

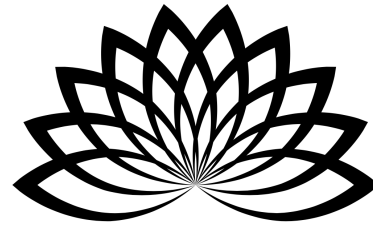
## STUDIO EVENTS

~ **JOURNEY THROUGH THE CHAKRAS** with **Roberta** learn how to use yoga, meditation and other methods that use chakra theory as a personal journey for growth and transformation. **Saturday June 22nd NAVEL CHAKRA** wkshp, 1-2.30pm, \$15

~**SUMMER SOLSTICE MINDFULNESS INTENSIVE** with **Aparna** Everyone of us has our story, and in that story there is suffering. The losses & separations that we all encounter mark us and make us. The message of mindfulness is not that of escape, but of how to live a noble & satisfying life, in which the afflictions and troubles are as essential as the grit is to the pearl. The teachings don't try to fit people into a mould. They give us courage to be true to reality.

**THE COURAGE OF ORDINARY LIVES** Sunday June 23rd, 11-2pm, \$40 **NOTE : This class needs pre-registration. Please call 505-227-7765 to reserve your space.**

~ **UNDERSTANDING OUR MIND** a 7 day **MINDFULNESS RETREAT** at the Bodhi Manda Zen Center, Jemez Springs with **Aparna**  
**Sept 26th - Oct 2nd**  
**Learn more on our website.**



### 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](mailto:aparna@livingyouryoga.org)  
OR

[www.livingyouryoga.org](http://www.livingyouryoga.org)



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE  
Albuquerque, NM

## JUNE 2019 Schedule of Classes

Questions?

[aparna@livingyouryoga.org](mailto:aparna@livingyouryoga.org)

[www.livingyouryoga.org](http://www.livingyouryoga.org)

[facebook.com/yogasaar](https://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>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 <b>(No class 6/29)</b></p> <p><b>READ MORE ABOUT OUR WEEKEND EVENTS ON THE OTHER SIDE</b></p>	<p>9.30 - 10.30am Yoga for Kids with Anna (Only 06/30)</p> <p>11 am-12 pm Yang Flows with Roberta (Only 06/30) \$10 drop in</p> <p>12.30 - 1.30pm Family Yoga with Anna (Only 06/30)</p> <p><b>‘NEW’</b> 4.30 - 5.45pm Gentle &amp; Restorative yoga</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  
(excludes monthly classes)**

**Special Pricing  
for Veterans**

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