

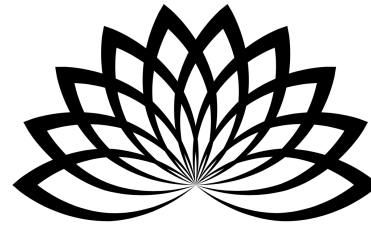
STUDIO EVENTS

~ **Strength and Stretch** with **THRESA** Strength and Stretch blends foundational yoga, intuitive movement, rehab, and prehab exercises. **Saturday May 4th, 1-2pm, \$10**

~ **Mindfulness for stress & anxiety** with **KATE** will include a talk on mindfulness for anxiety, yoga poses and three short meditations designed to build awareness and release anxiety. **Saturday May 11th, 2.30 - 4.30pm, \$20**

~ **Journey through the chakras** with **ROBERTA** move through yoga, meditation and other methods that use chakra theory as a personal journey for growth and transformation. **Saturday May 25th Sacral chakra, 1-2.30pm, \$15**

~ **Attention Revolution - Mindfulness for the New Millennium** with **APARNA** will provide answers, insights and step by step clear instructions on how to integrate mindfulness practices into your life and daily activities. **Sunday May 26th at 11am - 2pm, \$40**



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

MAY 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 (No class 5/14)</p>	<p>9-10:15 am Level 1 Flow 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 (No Class 5/15)</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 (No class 5/16)</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 (No class 5/11 & 5/18)</p> <p>READ MORE ABOUT OUR WEEKEND EVENTS ON THE OTHER SIDE</p>	<p>9.30 - 10.30am Yoga for Kids with Anna (Only 05/26)</p> <p>2.30 - 3.30pm Family Yoga with Anna (Only 05/26)</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