

## MORE EVENTS

### ~ KIRTAN : The power of mantra with Aparna & friends

**Sat Nov 10th, 6-7.30pm, \$15**

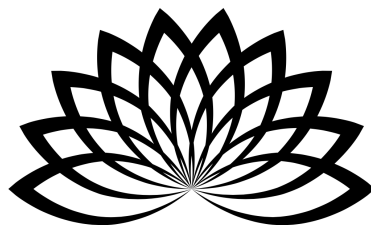
Join us for an evening of blissful ecstatic chant, song and music. Based in the practice of Bhakti yoga, chants create sacred vibrations that raise consciousness, have positive effects on body-mind and unite hearts across all cultures.

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

Costa Rica has been named the happiest country on Earth. With its beautiful beaches, warm water, rainforests, exotic wildlife and laid-back culture -- who wouldn't be happy here? Costa Ricans have a saying, "Pura vida," which loosely translates as "Life is good." And in Costa Rica, it certainly is. **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](mailto:aparna@livingyouryoga.org)

OR

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



Registered Yoga School



Registered Yoga School



**2205 Silver Ave SE**

**Albuquerque, NM**

**NOVEMBER 2018**

## 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
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 11/10 & 11/17)  <i>PLEASE SEE MORE OF OUR WEEKEND EVENTS ON THE OTHER SIDE</i>	11 am-12 pm Yang Flows with Roberta (Only 11/18) \$10 drop in

**PLEASE NOTE WE WILL BE CLOSED ON  
THANKSGIVING DAY**

**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