

## MORE EVENTS

~ **Master the Pose with Aparna**  
**Sat, Oct 13th, 10am-11:30am, \$20**

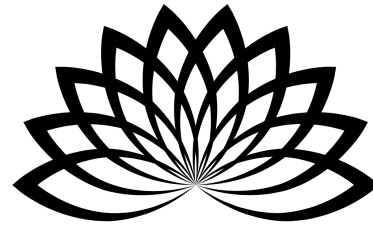
Learn how to come into FLYING PIGEON pose.. An intermediate/advanced class that promises to inspire and challenge you in many new ways.

~ **Self-Healing through Yoga and Mindfulness” : A Workshop based on the Pelvic Chakra with Kate**  
**Sat, Oct 27, 11am-1pm, \$25**

This workshop will include yoga poses, a guided visualization, and a mindfulness meditation designed to induce insights into a challenging aspect of all our lives : Relationships.

~ **200hr Foundation Yoga Teacher Training AND 300/500hr Advanced Yoga Teacher Training begins Jan 2019**

Take a program that takes you deeper into the 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**

**OCTOBER 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   |
|---|--|---|--|---|---|--|
| <p>5:45-7:00 pm<br/>Mixed Level<br/>Vinyasa with<br/>Aparna</p> | <p>9:30-10:45 am<br/>Level I Vinyasa<br/>with Jaime</p> <p>5:30-6:45 pm<br/>Mixed Level<br/>Vinyasa with<br/>Aparna</p> <p>7:00-7:45 pm<br/>Mindful U –<br/>Applied<br/>Meditation with<br/>Aparna</p> | <p>9-10:15 am<br/>Level 1 Yoga<br/>With Kate</p> <p>5:45-7:00 pm<br/>Mixed Level<br/>Vinyasa with<br/>Aparna</p> <p>7:15-8:30 pm<br/>Yin Restore with<br/>Roberta</p> | <p>9:00-10:15 am<br/>Level I Vinyasa<br/>with Roberta</p> <p>5:30-6:45 pm<br/>Mixed Level<br/>Vinyasa with<br/>Aparna</p> <p>7:00-7:45 pm<br/>Mindful U –<br/>Applied<br/>Meditation with<br/>Aparna</p> | <p>6-7:15 pm<br/>Level I Vinyasa<br/>with Aparna/<br/>Tonya</p> | <p>10 am-11:30 pm<br/>Yoga –<br/>The Next Level<br/>with Aparna<br/>(ONLY<br/>10/06 &amp; 10/20)</p> <p><b><i>PLEASE SEE<br/>MORE OF OUR<br/>WEEKEND<br/>EVENTS ON<br/>THE OTHER<br/>SIDE</i></b></p> | <p>11 am-12 pm<br/>Yang Flows with<br/>Roberta<br/>(Only 10/28)<br/>\$10 drop in</p> |

**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