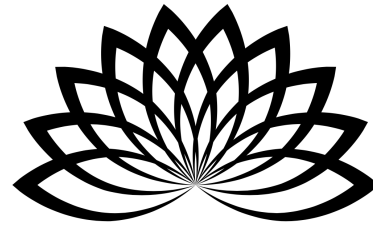


STUDIO EVENTS

~ **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 Sept 14th THROAT CHAKRA** wkshp, 1-2.30pm, \$15

~ **YOGA ON WHEELS WKSHP** with **Aparna** Did you know that one of the hottest trends right now is using a yoga wheel (a hollow, circular shaped exercise prop) to enhance stretching, release tension and improve flexibility? Stretch deeper and release tension in hard-to-access places, soothe aching muscles and sore backs whilst building strength and help nail difficult poses (backbends & inversions) safely. Join us to discover the joys of Wheel Yoga and how it may help evolve your Yoga practice to the next level.

Suitable for all levels
Saturday Sept 21st, 4-5pm, \$25
NOTE : THIS CLASS HAS LIMITED SPACE AND NEEDS PRE-REGISTRATION. Please call to reserve your space.



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

SEPTEMBER 2019

Schedule of Classes

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

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 Mindfulness Meditation with Aparna (No class 9/03)</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 Mindfulness Meditation with Aparna (No class 9/05 & 9/26)</p>	<p>11.30-12.45pm Level 1 Flow with Aparna</p> <p>'NEW' 4 - 5.15pm Senior Yoga with Kate (Begins 9/20) \$12 drop in</p> <p>6-7:15 pm Level I Flow with Tonya</p>	<p>10 am-11:30 am Level 2-3 Flow with Aparna (No class 9/28)</p> <p>READ MORE ABOUT OUR WEEKEND EVENTS ON THE OTHER SIDE</p>	<p>9.30 - 10.30am Yoga for Kids with Anna (Only 9/29)</p> <p>11 am-12 pm Yang Flows with Roberta (Only 9/15) \$10 drop in</p> <p>12.30 - 1.30pm Family Yoga with Anna (Only 9/29)</p> <p>4.30 - 5.45pm Gentle & Restorative yoga</p>
<p>WE ARE CLOSED ON LABOR DAY 9/02</p>				<p>New Student Special!</p> <p>\$99 for 3 months of UNLIMITED YOGA (excludes monthly classes)</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

**Special Pricing
for Veterans**
 \$7 drop in or
 \$50 for 8 classes a month