

EVENTS

YOGA ON THE RIO GRANDE

Kick start the Summer on a Saturday morning with Yoga under the open sky. Join us for a fun & uplifting practice on the Rio Grande Deck (suitable for all levels). Spaces are limited and require pre-registration. Please email or call 505-227-7765 to reserve your spot. You can also reserve a spot online on our website. **When : June 4th from 9.30-10.45am.**

YOGA IN THE PARK

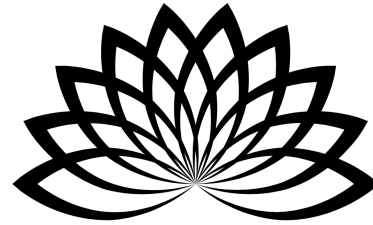
This summer come practice heart centered yoga with APARNA bonding with the warmth of the bare earth below and feel her vital energy give your practice stronger roots and stability. CELEBRATE BEING ALIVE. (Suitable for all levels)

Where - Roosevelt park on Coal ave and Spruce St.

When - One Friday evening each month from June - Aug at 6-7pm (June 17th, July 15th & Aug 19th)

NOTE : Class starts exactly at 6pm. Please give yourself a few extra mins to arrive & park, find your mat space and settle in.)

What to bring - A yoga mat, water, something warm for if the wind is blowing and \$10 cash.



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

CURRENT SCHEDULE OF CLASSES

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00 pm Mixed Level Flow with Aparna IN STUDIO	5:45-7 pm Mixed Level Flow with Aparna IN STUDIO 7:05-7:50 pm Mindfulness Meditation with Aparna IN STUDIO (No class 5/17 & 5/24)	5:45-7:00 pm Mixed Level Flow with Aparna IN STUDIO	5:45-7 pm Mixed Level Flow with Aparna IN STUDIO 7:05-7:50 pm Mindfulness Meditation with Aparna IN STUDIO (No class 5/12, 5/19 & 5/26)	10-11.15am Trauma Sensitive Yoga with Aparna IN STUDIO (3rd Friday of each month) 11.30-12.30pm Level 1 Flow with Aparna IN STUDIO 6-7 pm Level I Flow with Tonya LIVE ONLINE (No class 5/13) Yoga For People of Color 6-7.15pm IN STUDIO	9.15-10.15am Level 1 Flow with Aparna IN STUDIO (No class 6/04) 10.30 -11:45 am Level 2-3 Flow with Aparna IN STUDIO (No class 5/14, 5/21, 5/28 & 6/04)	-READ MORE ABOUT OUR SPECIAL EVENTS & WKSHPS ON THE OTHER SIDE ASK US ABOUT OUR YOGA TEACHER TRAININGS & MEDITATION TEACHER TRAININGS

New Student Special!
**\$99 for 3 months of UNLIMITED
 YOGA & MINDFULNESS classes**
(excludes monthly classes)

Class Bundles *(Prices do not include tax)*
 \$15 Drop in
 \$80 for 8 Classes a Month – Ideal to practice twice a week (Students \$70)
 \$120 for 12 Classes a Month – Ideal to practice 3 times a week (Students \$100)
 \$160 One Month Unlimited Classes (excludes monthly classes or wkshps)
 OPEN BUNDLE Valid for 6 months : 12 classes \$120

*NOTE : All our classes are
 available **live on Zoom** for
 those attending from out of
 Albuquerque and NM.*

**Masks are optional if you
 are vaccinated.**
**MASKS MANDATORY if
 you are NOT vaccinated**