

EVENTS

~ **YOGA IN THE PARK with APARNA** *This summer come practice heart centered yoga under the open sky. Bond with the warmth of the bare earth below and feel her vital energy give your practice stronger roots and stability. Grow from these roots to extend to the heavens and experience your connection to the universe.*

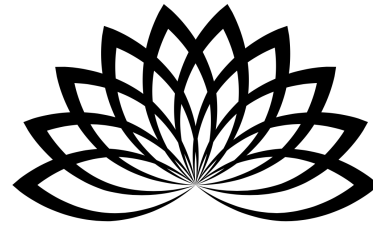
Our practice will be a fluid blend of dynamic and static, mindful Vinyasa style yoga that allows us to explore, to work and to play, to reconnect and to center, to refresh, revitalize and to rejuvenate, to CELEBRATE BEING ALIVE. (Suitable for all levels)

Where - Roosevelt park on Coal ave and Spruce St.

When - One Friday evening each month from May - Aug at 6-7pm (May 21st, June 18th, July 16th & Aug 20th) (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.

NOTE : Masks are optional.



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 & LIVE ONLINE	5:45-7 pm Mixed Level Flow with Aparna LIVE ONLINE 7:05-7:50 pm Mindfulness Meditation with Aparna LIVE ONLINE	5:45-7:00 pm Mixed Level Flow with Aparna IN STUDIO & LIVE ONLINE	5:45-7 pm Mixed Level Flow with Aparna LIVE ONLINE 7:05-7:50 pm Mindfulness Meditation with Aparna LIVE ONLINE	11.30-12.45pm Level 1 Flow with Aparna IN STUDIO & LIVE ONLINE 6-7 pm Level I Flow with Tonya LIVE ONLINE	9.15-10.15am Level 1 Flow with Aparna LIVE ONLINE 10.30 -11:45 am Level 2-3 Flow with Aparna LIVE ONLINE	<p><i>READ MORE ABOUT OUR SPECIAL EVENTS & WKSHPs ON THE OTHER SIDE</i></p> <p><i>ASK US ABOUT OUR YOGA TEACHER TRAININGS & MEDITATION TEACHER TRAININGS</i></p>

**Special Pricing
 for Veterans**
 \$7 drop in studio classes only

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)
 \$130 Aparna’s Tues & Thurs Yoga & Meditation Bundle (Students \$100)
 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)