

## EVENTS

### **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)

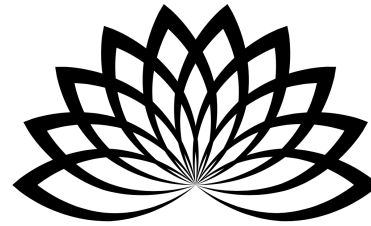
**Where** - Roosevelt park on Coal ave and Spruce St.

**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.

**Take advantage of our New Student special and enjoy 3 months of unlimited yoga & mindfulness classes!**



### ***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	9.15-10.15am Level 1 Flow with Toby  5:45-7 pm Mixed Level Flow with Aparna  7:05-7:50 pm Mindfulness Meditation with Aparna	11.30-12.45pm Mixed Flow with Andrea (Begins 7/06)  5:45-7:00 pm Mixed Level Flow with Aparna	9.15-10.15am Level 1 Flow with Toby  5:45-7 pm Mixed Level Flow with Aparna  7:05-7:50 pm Mindfulness Meditation with Aparna <b>IN STUDIO</b>	10-11.15am Trauma Sensitive Yoga & Mindfulness with Aparna (By donation)  11.30-12.30pm Level 1 Flow with Aparna  6-7 pm Level I Flow with Tonya <b>ONLY ON            ZOOM</b>  Yoga For People of Color 6-7.15pm	8-9am Mixed Level Flow with Doug (Begins 7/09)  9.15-10.15am Level 1 Flow with Aparna  10.30 -11:45 am Level 2-3 Flow with Aparna	8.30-9.45am 2nd Sunday Yin Yoga with Andrea  <b>ASK US ABOUT            OUR YOGA            TEACHER            TRAININGS &amp;            MEDITATION            TEACHER            TRAININGS</b>

**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**