

EVENTS

YOGA IN THE PARK

Where - Roosevelt park on Coal ave and Spruce St.

When - Friday Aug 19th at 6-7pm

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. Suitable for all levels.

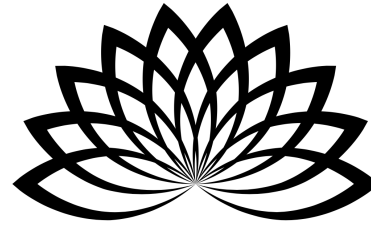
TRAUMA SENSITIVE YOGA & MINDFULNESS

Are you experiencing : *Difficulty sleeping
* High levels of stress & anxiety
* Easily startled *History of trauma or a Diagnosis of PTSD

Join us to learn how YOGA & MINDFULNESS can help safely release trauma stored in the body, ease stress symptoms & help regulate emotions. Learn relaxation techniques, mindfulness practices, build physical and mental strength & reclaim trust in your body.

Friday @ 10 –11.15am

Cost : Sliding scale donation of either \$5, \$10 or \$15 per class. No one turned away.



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 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	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 ONLY ON ZOOM Yoga For People of Color 6-7.15pm (By donation)	8-9am Mixed Level Flow with Doug 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 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.*