

EVENTS

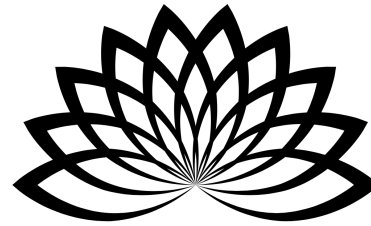
**200hr Foundation Yoga
Teacher Training**

**300/500hr Advanced Yoga
Teacher Training**

**1000hr Mindfulness
Meditation Teacher Training**

All our Teacher trainings begin January 2023. Check our website for details on dates, syllabus and more. www.livingyouryoga.org

**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 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	10.15-11.15am Gentle & Restorative Yoga with Aparna 11.30-12.30pm Level 1 Flow with Aparna 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 1.15-2.30pm 3rd Sunday Rest & Restore with Doug 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.*