

EVENTS

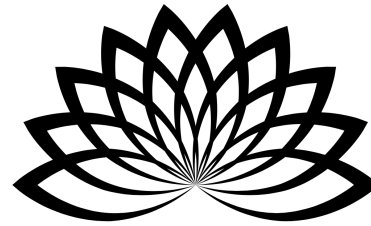
MINDFULNESS MEDITATION

We live in a time when meditation & mindfulness are becoming widespread, teaching us tools for tapping into our capacity for authentic living, stronger relationships, fulfilling work, increased well-being and embracing our lives with loving presence. This class teaches a range of mindfulness practices and practical ways to bring mindfulness into your internal & external environment.

Based in 'Vipassana' also called Insight meditation this class offers an opportunity to practice meditation as taught by the Buddha, in which mindful breathing is used to develop both Samatha (a serene and concentrated mind) and Vipassana (Insightful seeing).

Tuesday & Thursday @ 7pm
Drop in class or
included in class bundles

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 IN STUDIO	5:45-7 pm Mixed Level Flow with Aparna IN STUDIO 7:05-7:50 pm Mindfulness Meditation with Aparna IN STUDIO	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	10-11.15am Trauma Sensitive Yoga with Aparna IN STUDIO (3rd Friday of each month) 11.30-12.45pm Level 1 Flow with Aparna IN STUDIO 6-7 pm Level I Flow with Tonya LIVE ONLINE Yoga For People of Color 6-7.15pm IN STUDIO & LIVE ONLINE	9.15-10.15am Level 1 Flow with Aparna IN STUDIO 10.30 -11:45 am Level 2-3 Flow with Aparna IN STUDIO	-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)				<i>NOTE : All our classes are available live on Zoom for those attending from out of Albuquerque and NM.</i>		As per NM Governor Mandate, masks are now required for all indoor spaces.
Class Bundles <i>(Prices do not include tax)</i> \$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						