

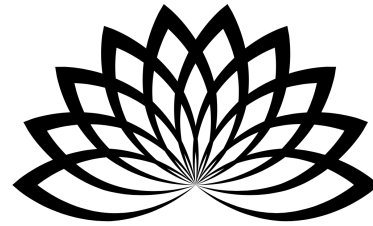
EVENTS

"Open hands and Hearts: A Mindful Art Practice for the New Year" In this 2-hour wkshp, you will meet local artist Sarah McCord for instruction on creative exploration with watercolors and colored pencils while we create a special project around releasing the past and embracing the new. A brief meditation will be followed by facilitated instruction. Artists and non-artists as well as children eight and over are welcome if accompanied by an adult. All materials included. **Saturday, January 14th, 1-3pm, \$40 (Pre-registration required. Call 505-227-7765 to save a spot)**

KIRTAN - Yoga of the heart

Join Aparna & friends for a blissful evening of Bhakti yoga - The Yoga of the heart, practiced thru sacred song & chant. **Saturday January 28th 6pm, \$20 cash only**

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 | 5:45-7 pm Mixed Level Flow with Aparna 7:05-7:50 pm Mindfulness Meditation with Aparna | 5:45-7:00 pm Mixed Level Flow with Aparna 7.15-8.15pm Gentle Flow with Doug | 5:45-7 pm Mixed Level Flow with Aparna 7:05-7:50 pm Mindfulness Meditation with Aparna | 10.15-11.15am Restorative Yoga with Aparna 11.30-12.30pm Level 1 Flow with Aparna Yoga For People of Color 6-7.15pm (By donation) | 9.15-10.15am Level 1 Flow with Aparna 10.30 -11:45 am Level 2-3 Flow with Aparna <i>See our upcoming wkshps on the other side</i> | 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.*