

EVENTS

YOGA ON THE RIO GRANDE

Sept 18th @ 9.30am
Join us for practicing
Yoga on the Rio Grande Deck
in the Bosque.

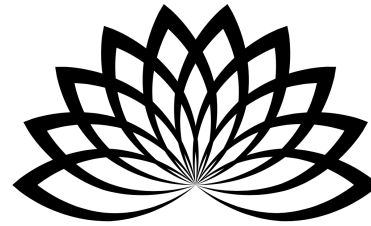
Spaces are limited and require
pre-registration. Please email or call
505-227-7765 to reserve your spot.

~ FALL EQUINOX MINDFULNESS *with APARNA*

This mindfulness intensive will
share teachings on : Heathy
anger vs the cycle of blame, why
do we hold so tightly to blame?,
misunderstandings about
forgiveness and the 3 stages of
forgiveness. Aparna will share
mindfulness practices that
encourage : Healing the wounds
beneath blame & Learning to
forgive.

***Understanding the cycle of
Anger-Blame-Forgiveness
Sunday Sept 19th,
10-1pm, \$40***

PLEASE NOTE : THIS CLASS
NEEDS PRE-REGISTRATION
To register please call 505-227-7765



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	11.30-12.45pm Level 1 Flow with Aparna IN STUDIO 6-7 pm Level I Flow with Tonya 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	<p><i>READ MORE ABOUT OUR SPECIAL EVENTS & WKSHPs ON THE OTHER SIDE</i></p> <p><i>ASK US ABOUT OUR YOGA TEACHER TRAININGS & MEDITATION TEACHER TRAININGS</i></p>

As per NM Governor Mandate, masks are now required for all indoor spaces.

***NOTE :** All our classes are available **live on Zoom** for those attending from out of Albuquerque and NM.*

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

New Student Special!
\$99 for 3 months of UNLIMITED YOGA & MINDFULNESS classes
 (excludes monthly classes)