

# High Desert Yoga

*Yoga is for Everyone!*

## Late Summer 2017 Class Schedule revised 8/21/2017

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7:00–8:00am	Morning Cup o' Yoga *resumes September 11	Shana
9:00–10:15am	Yoga for Scoliosis *no class September 4	Patti
9:30–11:00am	Yoga: Level 1 *September 4: All Levels	Zoreh
10:30am–12:00	Yoga: Level 2 *no class September 4	Kim
12:00–1:00pm	Yoga for Lunch *no class September 4	Niki
2:15–3:30pm	Senior Yoga	Stefa
4:00–5:15pm	Back Care/Level 1	Supriti
4:15–5:15pm	Kids Yoga *no class September 4	Julie
5:30–7:00pm	Yoga Therapeutics *no class September 4	Patti
5:45–7:15pm	Yoga: Level 1-2	Kim

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6:30–8:00am	Sunrise Yoga: Level	Nishtha
8:15–9:30am	Kundalini Yoga w/Ayurveda	Deva
9:30–11:00am	Yoga: Level 1-2	Supriti
9:45–11:15am	Yoga: Level 3-4	Kim
11:15am–12:15	Yoga for Cancer Care *FREE to people in treatment & recovery	Patti
12:00–1:00pm	Community Yoga *\$5 minimum donation	Staff
2:30–3:30pm	Chair Yoga for MS	Abby
4:00–5:15pm	Gentle Senior Yoga	Nishtha
4:30–5:45pm	Mindful Yoga and Meditation	Doreen
5:45–7:15pm	Timed Asana	Kim
6:00–7:30pm	Yoga: Level 2-3	Avery

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9:30–11:00am	Yoga: Level 1	Avery
10:30–11:30am	Mom & Baby Yoga	Shana
11:15am–12:15	Yoga Basics	Julie
12:00–1:00pm	Yoga for Lunch	Niki
4:15–5:45pm	Back Care Yoga	Patti
5:30–7:00pm	Yoga Basics/Level 1	Herb
6:00–7:30pm	Restorative and Ropes	Alisa

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9:15–10:45am	Yoga: Level 1-2	Herb
9:30–11:00am	Yoga: Level 2	Kim
11:15am–12:45	Yoga: Gentle Level 1	Stefa
4:00–5:15pm	Senior Yoga	Nishtha
4:15–5:30pm	De-Stress Yoga	Bill
6:00–7:30pm	Curvy Yoga Series *July 13–August 31	Abby

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6:45–8:15am	Sunrise Yoga: Level 1-2	Supriti
9:30–11:00am	Yoga: Level 1-2	Zoreh
10:30–11:30am	Mom & Baby Yoga	Shana
12:00–1:00pm	Lunchtime Prenatal Yoga	Shana
2:15–3:30pm	Extra Gentle Senior Chair Yoga	Stefa
4:15–5:30pm	Restorative Yoga *4:30–6:00pm beginning September 8	Bill
6:15–7:15pm	Queer & Trans Community Yoga *last Friday of month, donation	Avery

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8:00–9:00am	Yoga for Healing	Tim
9:00–10:30am	Yoga: Level 2-3	Avery
9:30–11:00am	Yoga: Level 1-2	Zoreh
10:45am–12:15	Prenatal Yoga *no class September 2	Zhenya
11:15am–12:30	Yoga Basics/Level 1 *no class September 9	Jill
12:45–2:15pm	Restorative Yoga *no class September 2	Zhenya

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8:00–9:00am	Meditation *first Sunday of month through Dec.3, donation	Jill
9:30–10:15am	Family & Kids Yoga	Julie
9:30–11:00am	Yoga: Level 1-2	Supriti
10:30am–12pm	Yoga: All Levels *no class September 10	Alisa
11:15am–12:45	Restorative Yoga	Avery
1:00–2:15pm	Yoga Basics/Level 1	Bill

Please check our website for cancellations and updates.

### High Desert Yoga

4600 Copper Avenue NE, Albuquerque NM 87108  
www.highdesertyoga.com • 505-232-9642

## Upcoming Workshops

- Ganesh Puja with Swami Samvidananda: August 26
- Healing Power of Gong & Mantra w/Deva Khalsa & Sat Guru Kaur: Aug 26, Nov 11
- Curvy Yoga Class Series with Abby Foster: September 7–November 9
- Iyengar Yoga Intensive with Swati Chanchani: September 8–10
- Infant Massage and Self-Care for Moms with Shana Lane: September 9
- Headaches No More with Zoreh Afsarzadeh: September 10
- Kundalini Yoga & Meditation for PTSD, Stress, Trauma & Anxiety with Deva Khalsa & Pavanjoti Kaur: September 11–October 30
- Asana & The Breath with Kim Schwartz: September 15–17
- In the Spirits of the Body with Master Zhenzan Dao: September 17, October 22, November 19 & December 17
- The Cleanse with Deva Khalsa: September 20–29 & Jan.17–Feb.26, 2018
- Yoga for Your Pelvic Floor with Avery Kalapa: September 23
- Healthy Liver - Postures to Detoxify with Zoreh Afsarzadeh: September 24
- Pelvic Floor Class Series with Avery Kalapa: September 28–November 2
- Aloha Yoga Class Series with Jill Palmer Giri: October 4–25 & November 1–22
- Stress Management Workshop with Deva Khalsa & Dr. Arjan Khalsa DC: Oct 7
- Defeat Diabetes with Yoga with Zoreh Afsarzadeh: October 8
- Reaching Down to Open Up with Angela Farmer: October 13–15
- The Five Tibetan Rites with Jill Giri Palmer: October 21
- Yoga for Your Uterus & Fertility Awareness Method with Sage Harrington: October 21–December 16
- Asana - Outer Body, Inner Body, Subtle Body with Kim Schwartz: Nov 3–5
- Introduction to Ayurveda with Deva Khalsa: November 12
- Meditation & Breath with Jill Palmer Giri: November 18

## Yoga Teacher Trainings

- Senior Yoga Teacher Training with Nishtha & Judith: October 27–28
- 200-Hour Yoga Teacher Training: January 5–July 15, 2018
- Trauma Informed Yoga Training (Core) with Mark Lily: February 9–11, 2018
- Kundalini Yoga Teacher Training: September 29, 2018–April 28, 2019

## Retreats: Yoga and Wellness

- Golden Glow Taos Retreat with Zoreh & Avery Kalapa: October 20–22
- Winter Renewal with Yoga in Paradise with Zoreh & Supriti: Nov 25–Dec 2
- Mexico Yoga Retreat with Zoreh & Elise Miller: February 22–March 1, 2018
- Costa Rica Yoga Retreat with Zoreh & Elise Miller: June 2–9, 2018

### Single Class Drop-in Fees:

75-min & 90-min class	\$18
60-min class	\$15
Family Yoga class	\$15
Kids Yoga class	\$11
10% off drop-in classes for military	

### 60-minute Class Packages:

5 classes	\$70
10 classes	\$135

### 75- & 90-minute Class Packages:

5 classes	\$79
10 classes	\$150
20 classes	\$285

### Other Prices:

Unlimited Monthly	\$245
Private 1-hr yoga session	\$75 + tax
Student and Teacher with ID	\$11
Senior, Military, or People with Disabilities 10-class package	\$140

### Family & Kids Yoga Packages:

5 class Kids Yoga	\$52
10 class Kids Yoga	\$100
5 class Family Yoga	\$68
10 class Family Yoga	\$120

- Yoga packages expire in 60 days.
- We accept cash, checks, & credit cards.
- Please turn off cell phones during class.
- Please do not wear oily lotions, cologne, or perfume to class.
- Please arrive 10 minutes before class begins; doors are locked 15 minutes after class starts.
- We have yoga mats for loan and for sale.

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