

# High Desert Yoga

*Yoga is for Everyone!*

## Fall 2017 Class Schedule

revised 10/4/2017

Day	Time	Class Name	Instructor
MON	7:00-8:00am	Morning Cup o' Yoga	Shana
	9:00-10:15am	Yoga for Scoliosis	Patti
	9:30-11:00am	Yoga: Level 1	Zoreh
	10:30am-12:00pm	Yoga: Level 2	Kim
	12:00-1:00pm	Yoga for Lunch	Niki
	2:15-3:30pm	Senior Yoga	Stefa
	4:00-5:15pm	Back Care/Level 1	Supriti
	4:15-5:15pm	Kids Yoga	Julie
	5:30-7:00pm	Yoga Therapeutics	Patti
	5:45-7:15pm	Yoga: Level 1-2	Kim
TUE	6:30-8:00am	Sunrise Yoga: Level 1	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-12:15pm	Yoga for Cancer Care <i>*FREE to people in treatment &amp; recovery</i>	Patti
	12:00-1:00pm	Community Yoga <i>*\$5 minimum donation</i>	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
WED	6:00-7:30pm	Yoga: Level 2-3	Avery
	9:30-11:00am	Yoga: Level 1	Avery
	10:30-11:30am	Mom & Baby Yoga	Shana
	11:15am-12:30pm	Yoga Basics	Julie
	12:00-1:00pm	Yoga for Lunch	Niki
	4:00-5:15pm	Aloha Yoga <i>*October 4-25 &amp; November 1-22</i>	Jill
	4:15-5:45pm	Back Care Yoga	Patti
	5:30-7:00pm	Yoga Basics/Level 1	Herb
	6:00-7:30pm	Restorative and Ropes	Julie
	9:15-10:45am	Yoga: Level 1-2	Herb
THU	9:30-11:00am	Yoga: Level 2	Kim
	11:15am-12:45pm	Yoga: Gentle Level 1	Stefa
	4:00-5:15pm	Senior Yoga	Nishtha
	4:15-5:30pm	De-Stress Yoga	Bill
	5:45-7:15pm	Pelvic Floor Series <i>*October 12-November 2</i>	Avery
	6:00-7:30pm	Curvy Yoga Series <i>*September 7-November 9</i>	Abby
	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 <i>*no class November 3: see Workshops</i>	Shana
	11:15am-12:30pm	Yoga Basics <i>*no class October 13</i>	Julie
FRI	12:00-1:00pm	Lunchtime Prenatal Yoga	Shana
	2:15-3:30pm	Extra Gentle Senior Chair Yoga	Stefa
	4:30-6:00pm	Restorative Yoga	Bill
	6:15-7:15pm	Queer & Trans Community Yoga <i>*last Friday of month, donation</i>	Avery
	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-12:15pm	Prenatal Yoga	Zhenya
	11:15am-12:30pm	Yoga Basics/Level 1 <i>*no class October 14</i>	Jill
	12:45-2:15pm	Restorative Yoga	Zhenya
SAT	8:00-9:00am	Meditation <i>*first Sunday of month through Dec. 3, donation</i>	Jill
	9:30-10:15am	Family & Kids Yoga	Julie
	9:30-11:00am	Yoga: Level 1-2	Supriti
	11:15am-12:45pm	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

- 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
- Pelvic Floor Class Series with Avery Kalapa:** October 12-November 2
- Reaching Down to Open Up with Angela Farmer:** October 13-15 **FULL**
- The Five Tibetan Rites with Jill Gori Palmer:** October 21
- In the Spirits of the Body with Master Zhenzan Dao:** October 22, November 19 & December 17, January date TBD **CANCELLED**
- Infant Massage & Self-Care for Moms with Shana Lane:** November 3
- Asana - Outer Body, Inner Body, Subtle Body with Kim Schwartz:** Nov 3-5
- Kundalini Yoga & Meditation for PTSD, Stress, Trauma & Anxiety with Deva Khalsa & Pavanjoti Kaur:** November 9, 2017-January 4, 2018
- Introduction to Ayurveda with Deva Khalsa:** November 12
- Meditation & Breath with Jill Palmer Giri:** November 18
- Work with Menopause Skillfully Workshop with Deva Khalsa & Amadea Morningstar:** December 2-3
- Partner Yoga for Labor & Birthing with Shana Lane & Zhenya Norgorodskaya:** December 10
- Winter Solstice Deep Savasana & Yoga Nidra Restorative Workshop with Avery Kalapa:** December 17
- The Cleanse with Deva Khalsa:** January 17-February 26, 2018
- Light on Yoga Philosophy Friday Nights w/ Kim Schwartz:** begins Jan 19, 2018
- Asana Alternatives for Minor Ailments w/ Mychal Bryan:** January 25-28, 2018
- Spinal Tune-up & Restore with Andrea Peloso:** February 23, 2018
- Spine Immersion with Andrea Peloso:** February 24-25, 2018

## Yoga Teacher Trainings

- Senior Yoga Teacher Training with Nishtha Jane Kappy & Judith Arredondo:** 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 **FULL**
- 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

### Single Class Drop-in Fees:

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

### 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

### 60-minute Class Packages:

5 classes	\$70
10 classes	\$135

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

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

### 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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