

High Desert Yoga

Yoga is for Everyone!

Fall 2017 Class Schedule

revised 10/27/2017

	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
	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
T	11:15am–12:15pm	Yoga for Cancer Care *FREE to people in treatment & recovery	Patti
U	12:00–1:00pm	Community Yoga *\$5 minimum donation	Staff
E	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
	9:30–11:00am	Yoga: Level 1	Avery
	10:30–11:30am	Mom & Baby Yoga	Shana
	11:15am–12:30pm	Yoga Basics	Julie
W	12:00–1:00pm	Yoga for Lunch	Niki
E	4:00–5:15pm	Aloha Yoga *November 1–22	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
	9:30–11:00am	Yoga: Level 2	Kim
	11:15am–12:45pm	Yoga: Gentle Level 1	Stefa
T	4:00–5:15pm	Senior Yoga	Nishtha
H	4:15–5:30pm	De-Stress Yoga	Bill
U	5:45–7:15pm	Pelvic Floor Series *October 12–November 2	Avery
	6:00–7:30pm	Curvy Yoga Series *September 7–November 9	Abby
	6:00–7:15pm	Kundalini Yoga & Meditation for PTSD, Anxiety, Stress & Trauma *begins November 9	Deva
	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 *no class November 3: see Workshops	Shana
	11:15am–12:30pm	Yoga Basics	Julie
F	12:00–1:00pm	Lunchtime Prenatal Yoga	Shana
R	2:15–3:30pm	Extra Gentle Senior Chair Yoga	Stefa
I	4:30–6:00pm	Restorative Yoga	Bill
	6:15–7:15pm	Queer & Trans Community Yoga *last Friday of month, donation	Avery
	8:00–9:00am	Yoga for Healing	Tim
	9:00–10:30am	Yoga: Level 2-3	Avery
S	9:30–11:00am	Yoga: Level 1-2	Zoreh
A	10:45am–12:15pm	Prenatal Yoga	Zhenya
T	11:15am–12:30pm	Yoga Basics/Level 1	Jill
	12:45–2:15pm	Restorative Yoga	Zhenya
	8:00–9:00am	Meditation *first Sunday of month through Dec. 3, donation	Jill
S	9:30–10:15am	Family & Kids Yoga	Julie
U	9:30–11:00am	Yoga: Level 1-2	Supriti
N	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

- Family Yoga Class with Mateo Marquez of PoserKids: November 1
- Aloha Yoga Class Series with Jill Palmer Giri: November 1–22
- Infant Massage & Self-Care for Moms with Shana Lane: November 3
- Kundalini Yoga & Meditation for PTSD, Stress, Trauma & Anxiety with Deva Khalsa & Pavanjoti Kaur: November 9, 2017–January 11, 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
- Mantra & Meditation with Zhenya Norgorodskaya: December 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
- Yoga and the Spine Immersion with Andrea Peloso: February 24–25, 2018
- Introduction to Ayurveda with Melissa Spamer: March 3, 2018
- Senior Yoga Immersion with Nishtha Jane Kappy & Judith Arredondo: March 9–11, 2018
- Yoga for the Whole Body with Kim Schwartz & Zoreh Afsarzadeh: March 30–April 1, 2018
- Yoga Anatomy with Laura Allard: April 13–15, 2018
- Creating a Home Practice with Zoreh Afsarzadeh: April 29, 2018

Yoga Teacher Trainings

- 200-Hour Yoga Teacher Training: January 5–July 15, 2018
- Trauma Informed Yoga Training (Core) with Mark Lily: February 9–11, 2018
- PoserKids Educator Training 1 with Mateo Marquez: February 16–18, 2018
- Senior Yoga Teacher Training with Nishtha & Judith: September 7–9, 2018
- Kundalini Yoga Teacher Training: September 29, 2018–April 28, 2019

Retreats: Yoga and Wellness

- 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
- Taos Yoga & Wellness Retreat with Zoreh & Kim: October 12–14

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	

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.

High Desert Yoga

4600 Copper Avenue NE
www.highdesertyoga.com

yogainfo@highdesertyoga.com • 505-232-9642