

# High Desert Yoga

*Yoga is for Everyone!*

## Early Winter 2017 Class Schedule revised 12/5/2017

	9:00–10:15am	Yoga for Scoliosis *no class Dec 25, Jan 1	Patti	
	9:30–11:00am	Yoga: Level 1 *no class Dec 25 *All Levels Class January 1	Zoreh	
	10:30am–12:00pm	Yoga: Level 2 *no class Dec 25, Jan 1	Kim	
<b>M O N</b>	12:00–1:00pm	Yoga for Lunch *no class Dec 25, Jan 1	Niki	
	2:15–3:30pm	Senior Yoga *no class Dec 25	Stefa	
	4:00–5:15pm	Back Care/Level 1 *no class Dec 25	Supriti	
	4:15–5:15pm	Kids Yoga *no class Dec 18, 25; Jan 1	Julie	
	5:30–7:00pm	Yoga Therapeutics *no class Dec 25, Jan 1	Patti	
	5:45–7:15pm	Yoga: Level 1-2 *no class Dec 25	Kim	
	6:30–8:00am	Sunrise Yoga: Level 1 *no class Dec 26	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	
<b>T U E</b>	11:15am–12:15pm	Yoga for Cancer Care *no class Dec 26 *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	
		9:30–11:00am	Yoga: Level 1	Avery
	10:30–11:30am	Mom & Baby Yoga	Shana	
	11:15am–12:30pm	Yoga Basics	Julie	
<b>W E D</b>	12:00–1:00pm	Yoga for Lunch	Niki	
	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
<b>T H U</b>	11:15am–12:45pm	Yoga: Gentle Level 1	Stefa	
	4:00–5:15pm	Senior Yoga	Nishtha	
	4:15–5:30pm	De-Stress Yoga	Bill	
	6:00–7:15pm	Kundalini Yoga & Meditation for PTSD, Anxiety, Stress & Trauma *no class Dec 21	Deva	
	6:45–8:15am	Sunrise Yoga: Level 1-2	Supriti	
	9:30–11:00am	Yoga: Level 1-2	Zoreh	
<b>F R I</b>	10:30–11:30am	Mom & Baby Yoga *Infant Massage: Dec 8, 9:30–11:30am	Shana	
	11:15am–12:30pm	Yoga Basics	Julie	
	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	
	8:00–9:00am	Yoga for Healing	Tim	
<b>S A T</b>	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	Sage	
	12:45–2:15pm	Restorative Yoga	Zhenya	
	9:30–10:15am	Family & Kids Yoga	Julie	
<b>S U N</b>	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

- Infant Massage & Self-Care for Moms with Shana Lane: December 8
- 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
- Yoga & Dance Fusion with Niki Feldman: January 20 & April 28, 2018
- Asana Alternatives for Minor Ailments w/ Mychal Bryan: January 25–28, 2018
- Pranayama Series with Kim Schwartz: February 6–April 10, 2018
- A Sound Bath with Deva Khalsa & Sat Guru Kaur: February 24 & April 21, 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
- Kundalini Yoga & Meditation for PTSD, Anxiety, Stress & Trauma with Deva Khalsa: April 5–May 24 & July 12–August 30, 2018
- Stress Management Workshop with Deva Khalsa: April 7, 2018
- Yoga for the Chakras with Niki Feldman: April 9–May 21, 2018
- Yoga Anatomy with Laura Allard: April 13–15, 2018
- Creating a Home Practice with Zoreh Afsarzadeh: April 29, 2018
- Rama Joyti Vernon: June 16–17, 2018
- The System of Yoga with Kim Schwartz: July 13–15, 2018
- Yoga Workshop with Swati Chanchani: September 21–23, 2018

### Yoga Teacher Trainings

- 200-Hour Yoga Teacher Training: January 5–July 15, 2018
- Trauma Informed Yoga Training (Core) with Mark Lilly: 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

- Taos Yoga & Wellness Retreat with Zoreh & Kim: October 12–14, 2018
- Mexico Yoga & Wellness Retreat with Zoreh & Avery: Nov. 24–Dec. 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
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.

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