



High Desert Yoga

Yoga is for Everyone!

Winter 2020 Class Schedule

revised 1/21/2020

M O N	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	Gentle Senior Yoga	Stefa
	4:00–5:15pm	Back Care/Level 1	Supriti
T U E	4:15–5:15pm	Kid's Yoga (ages 5–12)	Cynthia
	5:30–7:00pm	Yoga Therapeutics	Patti
	5:45–7:15pm	Yoga: Level 1-2	Kim
	6:30–8:00am	Sunrise Yoga: Level 1	Maggie N.
	8:15–9:30am	Kundalini Yoga	Lena
	9:30–11:00am	Yoga: Level 1-2	Supriti
W E D	9:45–11:15am	Yoga: Level 2-3	Kim
	11:30am–12:30pm	Community Yoga (sliding scale)	Staff
	12:00–1:00pm	Yoga: Mixed Level	Avery
	2:30–3:30pm	Adaptive Chair Yoga	Stefa
	4:00–5:15pm	Gentle Senior Yoga	Nishtha
	4:30–5:45pm	Mindful Yoga and Meditation	Doreen
T H U	9:30–11:00am	Yoga: Level 1	Kim
	11:15am–12:30pm	Yoga: Gentle Level 1	Avery
	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	Yoga: Level 1-2	Zhenya
F R I	9:15–10:45am	Yoga: Level 1-2	Herb
	9:30–11:00am	Yoga: Level 2	Avery
	11:15am–12:45pm	Yoga: Gentle Level 1	Stefa
	12:00–1:00pm	Yoga: Mixed Level	Avery
	4:00–5:15pm	Senior Yoga	Nishtha
	4:15–5:30pm	De-Stress Yoga	Stefa
S A T	6:00–7:15pm	Kundalini Yoga for Vitality & Stress	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 Jan 24, Feb 21 Mar 6, 13	Shana
	11:15am–12:30pm	Yoga Basics	Bill
	12:00–1:00pm	Lunchtime Prenatal Yoga *no class Jan 24, Feb 21 Mar 6, 13	Shana
S U N	4:30–6:00pm	Restorative Yoga	Bill
	8:00–9:00am	Yoga for Healing *time change as of April 4: 7am	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	Hannah
S U N	9:30–11:00am	Yoga: Level 1-2	Supriti
	11:15am–12:45pm	Restorative Yoga	Avery
S U N	1:00–2:15pm	Yoga Basics/Level 1	Bill

This online schedule is updated several times weekly.

High Desert Yoga

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

Upcoming Events

Yoga Philosophy Pranayama Meditation w/ Kim Schwartz: 8 sessions, Jan 24–Jun 12
Sufi Universal Dance with Lisa Joy: January 29–February 12, March 4–April 8
Cosmic Dance with Lisa Joy: January 30–February 13, March 5–April 9
Chakras, Ancient Map to Connect to the Subtle Body with Tim Butler: February 1
Awareness & Deep Rest with Zoreh Asfarzadeh & Giovanna Rossi: February 2
Vajrayana Meditation w/ Abq Diamond Way Buddhist Center: Feb 4 (1st Tues of mo)
Evolution of Asana Class Series with Kim Schwartz: 10 sessions, Feb 18–April 21
Forest Bathing with Heather Farrell: Mar 29, Apr 26, May 31, Jun 5, Nov 22, Dec 20
Yin Yoga Class Series w/Heather Farrell: Feb 26–Apr 1, May 13–Jun 10, Nov 4–Dec 16
Deep Relaxation Yoga Nidra w/Heather Farrell: Feb 28–Apr 3 May 15–Jun 12, Nov 6–Dec 18
Yoga & Sound Bath with Deva Khalsa, Jesse Kalapa & Sangeet Bani: February 29
Introduction to Ayurveda with Melissa Spamer: March 7
Headstand & Shoulderstand with Avery Kalapa: March 8
Natural Approaches to Anxiety with Herb McDonald: March 14
Thai Yoga Massage with Marisa Wolfe: March 14, June 13, December 5
The Bliss of Backbends with Kim Schwartz: March 15
Yoga for the Whole Body with Kim Schwartz: April 3–5
Creating & Sustaining a Home Practice with Zoreh Afsarzadeh: April 19
Standing Asanas with Kim Schwartz: April 25
Open Your Wings with Zoreh Afsarzadeh: April 26
Yoga for Your Pelvic Floor 1 & 2 with Avery Kalapa: May 2 & 3
Intuition & Wisdom with Zoreh Afsarzadeh & Giovanna Rossi: May 9
Asana, Pranayama, Naada with François Raoult: May 15–17
Fabulous Flexion with Kim Schwartz: June 6
Insomnia No More with Zoreh Afsarzadeh: June 7
Coming Back to Our Senses with Donna Farhi: June 19–23
Asana, Chakras, Nadis & Bandhas with Kim Schwartz: June 26–28
The System of Yoga Workshop with Kim Schwartz: July 10–12
Yoga Wall Ropes Workshop with Zoreh Afsarzadeh: August 9
Pranayama Home Practice with Avery Kalapa: August 22
Funky Hips with Zoreh Afsarzadeh: August 30
Inversions Workshop with Kim Schwartz: September 12

Yoga Teacher Trainings

Senior Yoga Teacher Training with Nishtha Jane Kappy: March 27–29
Teacher Training Class with François Raoult: May 15
Modifications for Menstruation & Pregnancy with Avery Kalapa: July 19
Adjustments, Assists & Corrections for Yoga Teachers with Zoreh & Kim: August 8

Retreats: Yoga and Wellness

Taos Fall Yoga & Wellness Retreat with Zoreh & Kim: October 2–4
Yoga in Mexico with Zoreh Afsarzadeh & Avery Kalapa: December 1–8

Single Class Drop-in Fees:		60-minute Class Packages:	
75-min & 90-min class	\$18	5 classes	\$70
60-min class	\$15	10 classes	\$135
Kids Yoga class	\$11	75- & 90-minute Class Packages:	
10% off drop-in classes for military		5 classes	\$79
Other Prices:		10 classes	\$150
Unlimited Monthly	\$245	20 classes	\$285
Private 1-hr yoga session	\$75 + tax	Kids Yoga Packages:	
Student and Teacher with ID	\$11	5 class Kids Yoga	\$52
Senior, Military, or People with Disabilities, 10-class package	\$140	10 class Kids Yoga	\$100

- Yoga packages expire in 60 days.
- We accept cash, checks, & credit cards.
- Please turn off cell phones during class.
- Please do not wear fragrances, cologne, perfume, or oily lotions 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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