



High Desert Yoga

Yoga is for Everyone!

Early Winter 2019 Class Schedule

revised 12/4/2019

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
T U E	4:00–5:15pm	Back Care/Level 1	Supriti
	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.
W E D	8:15–9:30am	Kundalini Yoga	Avtar Puran
	9:30–11:00am	Yoga: Level 1-2	Supriti
	9:45–11:15am	Yoga: Level 2-3	Kim
	11:30am–12:30pm	Community Yoga (sliding scale) <i>*no class December 24 or 31</i>	Staff
	12:00–1:00pm	Yoga: Mixed Level	Avery
T H U	2:30–3:30pm	Adaptive Chair Yoga <i>*no class December 24 or 31</i>	Stefa
	4:00–5:15pm	Gentle Senior Yoga <i>*no class December 24</i>	Nishtha
	4:30–5:45pm	Mindful Yoga and Meditation <i>*no class December 24 or 31</i>	Doreen
	5:45–7:15pm	Yogasana & the Breath Class Series <i>*January 7–February 15</i>	Kim
	6:00–7:30pm	Yoga for Women <i>*no class December 24 or 31</i>	Cynthia
F R I	9:30–11:00am	Yoga: Level 1 <i>*no class December 25</i>	Kim
	11:15am–12:30pm	Yoga: Gentle Level 1 <i>*no class December 25</i>	Avery
	12:00–1:00pm	Yoga for Lunch <i>*no class December 25 or January 1</i>	Niki
	4:15–5:45pm	Back Care Yoga <i>*no class December 25 or January 1</i>	Patti
	5:30–7:00pm	Yoga Basics/Level 1 <i>*no class December 25</i>	Herb
S A T	6:00–7:30pm	Yoga: Level 1-2 <i>*no class December 25</i>	Zhenya
	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 <i>*no class December 26</i>	Stefa
	12:00–1:00pm	Yoga: Mixed Level	Avery
S U N	4:00–5:15pm	Senior Yoga	Nishtha
	4:15–5:30pm	De-Stress Yoga <i>*no class December 26</i>	Stefa
	5:45–7:00pm	Yoga for E-motion <i>*ends December 5</i>	Aris
	6:00–7:15pm	Kundalini Yoga for Vitality & Stress	Deva
	6:45–8:15am	Sunrise Yoga: Level 1-2	Supriti
F R I	9:30–11:00am	Yoga: Level 1-2	Zoreh
	10:30–11:30am	Mom & Baby Yoga	Shana
	11:15am–12:30pm	Yoga Basics	Bill
	12:00–1:00pm	Lunchtime Prenatal Yoga	Shana
	4:30–6:00pm	Restorative Yoga	Bill
S A T	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	Hannah
S U N	12:30–1:30pm	Yoga en Español (Escala móvil de pago \$5-\$15)	Cynthia
	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
	2:30–3:15pm	Family & Kids Yoga <i>*ends December 8</i>	Aris

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

Sufi Universal Dance with Lisa Joy: Dec 4–18, Jan 22–Feb 12, Mar 4–Apr 8
Cosmic Dance with Lisa Joy: Dec 5–19, Jan 23–Feb 13, Mar 5–Apr 9
Kundalini Yoga Teacher Training Orientation (Free): December 7
Yoga Sound Bath with Deva Khalsa, Sangeet Bani & Jesse Kalpa: Dec 7
Winter Solstice Deep Savasana with Avery Kalapa: December 22
Yogasana & Breath Class Series with Kim Schwartz: January 7–February 11, 2020
Vajrayana Meditation w/ Abq Diamond Way Buddhist Center: Jan 7 (1st Tues of mo)
The System of Yoga Immersion with Kim & Zoreh: January 10–July 17
Foundations of Western Astrology with Doreen Siracusano: January 11–Feb 15
Body Mind Detox through Restorative Yoga with Avery Kalapa: January 18
Yoga Philosophy Pranayama Meditation Series w/ Kim Schwartz: 8 sessions, January 24–June 12
Chakras, Ancient Map to Connect to the Subtle Body with Tim Butler: February 1
Forest Bathing with Heather Farrell: February 23, March 29, April 26, May 31, June 5
Yin Yoga Class Series with Heather Farrell: 6 sessions, February 26–April 1
Deep Relaxation Yoga Nidra with Heather Farrell: 6 sessions, February 28–April 3
Evolution of Asana Class Series with Kim Schwartz: February 18–April 21
Introduction to Ayurveda with Melissa Spamer: March 7
Natural Approaches to Anxiety with Herb McDonald: March 14
Thai Yoga Massage with Marisa Wolfe: March 14, June 13, December 5
Yoga for the Whole Body with Kim Schwartz & Zoreh Afsarzadeh: April 3–5
Creating & Sustaining a Home Practice with Zoreh Afsarzadeh: April 19
Open Your Wings with Zoreh Afsarzadeh: April 26
Yoga for Your Pelvic Floor 1 & 2 with Avery Kalapa: May 2 & 3
Asana, Pranayama, Naada with François Raoult: May 15–17
Coming Back to Our Senses with Donna Farhi: June 19–23
Asana, Chakras, Nadis & Bandhas with Kim Schwartz: June 26–28

Yoga Teacher Trainings

200 Hour Yoga Teacher Training: January 10–August 9, 2020
Kundalini Yoga Advanced Training, Level 1: January 11–October 18
Senior Yoga Teacher Training with Nishtha Jane Kappy: March 27–29
Teacher Training with François Raoult: May 15

Retreats: Yoga and Wellness

Rejuvenating Yoga Retreat with Zoreh & Elise Miller (FULL): February 20–27, 2020
Be Here Now Yoga Meditation Yoga Nidra Retreat with Zoreh, Gloria Persico & Sandy Carmellini: March 26–April 2
The Poetry of Yoga Wellness Retreat with Zoreh & Supriti: July 31–August 2
Taos Fall Yoga & Wellness Retreat with Zoreh & Kim: October 2–4

Single Class Drop-in Fees:

75-min & 90-min class	\$18
60-min class	\$15
Family Yoga class (adult + child)	\$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 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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