



High Desert Yoga

Yoga is for Everyone!

Autumn 2019 Class Schedule

revised 11/16/2019

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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
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

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6:30–8:00am	Sunrise Yoga: Level 1	Maggie N.
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)	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
5:45–7:15pm	Timed Asana *through December 3	Kim
6:00–7:30pm	Yoga for Women	Cynthia

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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 *no class November 27	Patti
5:30–7:00pm	Yoga Basics/Level 1	Herb
6:00–7:30pm	Yoga: Level 1-2	Zhenya

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9:15–10:45am	Yoga: Level 1-2 *no class November 28	Herb
9:30–11:00am	Yoga: Level 2	Avery
11:15am–12:45pm	Yoga: Gentle Level 1 *no class November 28	Stefa
12:00–1:00pm	Yoga: Mixed Level *no class November 28	Avery
4:00–5:15pm	Senior Yoga *no class November 28	Nishtha
4:15–5:30pm	De-Stress Yoga *no class November 28	Stefa
5:45–7:00pm	Yoga for E-motion *no class November 28	Aris
6:00–7:15pm	Kundalini Yoga for Vitality & Stress *no class November 28	Deva

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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 22 or 29	Shana
11:15am–12:30pm	Yoga Basics *no class November 22	Bill
12:00–1:00pm	Lunchtime Prenatal Yoga *no class November 29	Shana
4:30–6:00pm	Restorative Yoga	Bill

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8:00–9:00am	Yoga for Healing	Tim
9:00–10:30am	Yoga: Level 2-3 *no class November 23	Avery
9:30–11:00am	Yoga: Level 1-2 *All Levels class November 23	Zoreh
10:45am–12:15pm	Prenatal Yoga *no class November 23 or 30	Zhenya
11:15am–12:30pm	Yoga Basics/Level 1 *no class November 30	Hannah
12:30–1:30pm	Yoga en Español (Escala móvil de pago \$5-\$15) *no class Nov 30	Cynthia

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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 *no class December 1	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

Thai Yoga Massage with Marisa Wolfe: November 16
Sufi Universal Dance with Lisa Joy: Nov 20–Dec 18, Jan 8–Feb 12, Feb 26–Apr 1
Cosmic Dance with Lisa Joy: Nov 21, Dec 5–19, Jan 9–Feb 13, Feb 27–Apr 2, 2020
Finding Back our Joy with Angela Farmer: November 22–24 **WAITLIST ONLY**
Vajrayana Meditation w/ Abq Diamond Way Buddhist Center: Dec 3 (1st Tues of mo)
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
Asana & Breath Class Series with Kim Schwartz: January 7–February 11, 2020
Sufi Universal Dance with Lisa Joy: Jan 8–Feb 13, Feb 26–Apr 1, Apr 29–Jun 3, 2020
The System of Yoga Immersion with Kim & Zoreh: January 10–July 17, 2020
Foundations of Western Astrology with Doreen Siracusano: Jan 11–Feb 15, 2020
Body Mind Detox through Restorative Yoga with Avery Kalapa: January 18, 2020
Yoga Philosophy Pranayama Meditation Series w/ Kim Schwartz: 8 sessions, January 24–June 12, 2020
Chakras, Ancient Map to Connect to the Subtle Body with Tim Butler: February 1, 2020
Yin Yoga Class Series with Heather Farrell: 6 sessions, February 5–March 11, 2020
Deep Relaxation Yoga Nidra with Heather Farrell: 6 sessions, Feb 7–March 13, 2020
Evolution of Asana Class Series with Kim Schwartz: February 18–April 21
Introduction to Ayurveda with Melissa Spamer: March 7, 2020
Yoga for the Whole Body with Kim Schwartz & Zoreh Afsarzadeh: April 3–5, 2020
Creating & Sustaining a Home Practice with Zoreh Afsarzadeh: April 19, 2020
Open Your Wings with Zoreh Afsarzadeh: April 26, 2020
Yoga for Your Pelvic Floor 1 & 2 with Avery Kalapa: May 2 & 3, 2020
Asana, Pranayama, Naada with François Raoult: May 15–17, 2020
Coming Back to Our Senses with Donna Farhi: June 19–23, 2020

Yoga Teacher Trainings

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

Retreats: Yoga and Wellness

Mexico Yoga & Wellness Retreat with Zoreh & Avery: Nov 30–Dec 7
Rejuvenating Yoga Retreat with Zoreh & Elise Miller: Feb 20–27, 2020
Be Here Now Yoga Meditation Yoga Nidra Retreat with Zoreh, Gloria Persico & Sandy Carmellini: March 26–April 2, 2020
The Poetry of Yoga Wellness Retreat with Zoreh & Supriti: July 31–Aug 2, 2020
Taos Fall Yoga & Wellness Retreat with Zoreh & Kim: October 2–4, 2020

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
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 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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