



# High Desert Yoga

*Yoga is for Everyone!*

## Winter 2020 Class Schedule

revised 1/27/2020

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
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	Lena
	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
T H U	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
	9:30–11:00am	Yoga: Level 1	Kim
	11:15am–12:30pm	Yoga: Gentle Level 1	Avery
F R I	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
	9:15–10:45am	Yoga: Level 1-2	Herb
S A T	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 U N	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 <i>*no class Feb 21, Mar 6, 13, Apr 3</i>	Shana
	11:15am–12:30pm	Yoga Basics	Bill
S A T	12:00–1:00pm	Lunchtime Prenatal Yoga <i>*no class Feb 21, Mar 6, 13, Apr 3</i>	Shana
	4:30–6:00pm	Restorative Yoga	Bill
	8:00–9:00am	Yoga for Healing <i>*time change as of April 4: 7am</i>	Tim
	9:00–10:30am	Yoga: Level 2-3	Avery
	9:30–11:00am	Yoga: Level 1-2	Zoreh
S U N	10:45am–12:15pm	Prenatal Yoga	Zhenya
	11:15am–12:30pm	Yoga Basics/Level 1	Hannah
	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

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:** 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  
**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  
**Introduction to Ayurveda with Melissa Spamer:** February 22  
**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  
**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  
**Forest Bathing with Heather Farrell:** Mar 29, Apr 26, May 31, Jun 5, Nov 22, Dec 20  
**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 for Neck & Shoulders with Avery Kalapa:** September 19  
**Kyphosis/Tech Neck Workshop with Avery Kalapa:** September 20

## Yoga Teacher Trainings

**Teacher Training Individual Weekends available for HDY TT Graduates:** inquire  
**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	<b>75- &amp; 90-minute Class Packages:</b>	
10% off drop-in classes for military		5 classes	\$79
<b>Other Prices:</b>		10 classes	\$150
Unlimited Monthly	\$245	20 classes	\$285
Private 1-hr yoga session	\$75 + tax	<b>Kids Yoga Packages:</b>	
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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